

# NEW RESEARCH: Zulu Herb Relieves Symptoms of the Common Cold

Submitted by: Minx PR

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New research published this month in the peer reviewed journal, *Explore*(1), shows that a daily dose of the Zulu herb *Pelargonium sidoides*, a type of Geranium found only in South Africa, helped people to recover twice as quickly from the common cold than other people taking a placebo.

The multi-centre, randomized double-blind placebo controlled clinical trial took place in eight out-patient departments affiliated with hospitals and measured the effectiveness of the herb, *Pelargonium sidoides*, in relieving symptoms of the common cold compared to placebo.

At the end of the treatment period, nearly 80% of the *Pelargonium* group were clinically cured of symptoms of the common cold compared with only 30% in the placebo group. In addition, half way through the treatment period, cold sufferers in the *Pelargonium* group found that their cold symptoms had reduced twice as much as those in the placebo group. Furthermore, on average, the researchers found that the *Pelargonium* group felt able to return to work 1.3 days earlier than the placebo group.

The researchers concluded that *Pelargonium sidoides* represents an effective treatment of the common cold. It significantly reduces the severity of cold symptoms and significantly shortens the duration of the common cold compared with placebo.

The common cold is a viral infection with symptoms such as sneezing, sore throat, and running nose. Adults suffer between 2 to 5 colds per year whilst school children are likely to catch between 7 and 10.(2)

MedicHerb *Pelargonium* is a traditional herbal remedy that contains 20 mg of *Pelargonium sidoides* extract which has been shown in other research to inhibit bacterial reproduction, loosen mucus and increase the body's natural defence against viral infections. Adults take one *Pelargonium* tablet at the first sign of infection, and then one tablet three times daily for up to 10 days. MedicHerb *Pelargonium* costs £8.99 for 30 tablets from Boots or mail order on: 01453 751395 or online at [www.medicherb.co.uk](http://www.medicherb.co.uk). For further information about herbs click onto [www.herbfacts.co.uk](http://www.herbfacts.co.uk)

ENDS

Notes to Editors:

- Not recommended in pregnancy and breastfeeding

Research Refs:

1. *Explore* (NY). 2007 Nov;3(6):573-584. Efficacy of a *Pelargonium Sidoides* Preparation in Patients With the Common Cold: A Randomized, Double Blind, Placebo-Controlled Clinical Trial. Lizogub VG, Riley DS, Heger M. Faculty Therapy No. 2, National Medical University, Kiev, Ukraine.

2. Johnston S, Holgate S. Epidemiology of viral respiratory infections. In: Myint S, Taylor-Robinson D, eds. *Viral and other infections of the human respiratory tract*. London: Chapman & Hall, 1996:1-38

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