



<p>Prospan®: Action</p>	<ul style="list-style-type: none"> • Prospan® has bronchospasmolytic, secretolytic and cough relieving effects. ^{1,5,6,7,8,9,10,11} • Prospan® has been shown to significantly improve lung function (such as vital capacity, forced vital capacity, intrathoracic gas volume, specific respiratory tract resistance and peak flow values). ^{2,4,5,12} • Prospan® causes an expectorative action (mucolytic, secretolytic, and mucokinetic). ^{5,7} • Prospan® reduces the viscosity of mucus. ^{5,7} • Prospan® is also associated with antimicrobial and anti-inflammatory effects. ^{5,12}
<p>Prospan®: Efficacy</p>	<ul style="list-style-type: none"> • Ivy leaf extracts have proved to be especially effective in the treatment of chronic respiratory disorders. ¹ • Prospan® is associated with good treatment efficacy. ^{4,5,7,11,12} • Prospan® has been found to have good antitussive effects. ^{1,4,6,12} • Prospan® has been used for several decades in the treatment of inflammatory and obstructive infections of the airways primarily because of its high degree of effectiveness, but also because of its excellent tolerance. ^{3,4} • Significant improvement in symptoms of expectoration and coughing. ⁴ • Good results were achieved in adults with acute and chronic bronchitis. ⁷
<p>Prospan®: Safety & tolerability</p>	<ul style="list-style-type: none"> • Ivy leaf extract is extremely well tolerated. ^{1,2,3,4,6,7,8,9,11} • Studies reveal Prospan® to have high safety. ⁵ • Protracted administration resulted in no damage to organs or tissue. ¹ • Side effects are rare. ^{1,3,5} • No known interactions. ^{3,12} • Prospan® is free of alcohol, sugar additives and colouring agents. ³ • Prospan® has a palatable taste. ⁵
<p>Prospan®: Use in children</p>	<ul style="list-style-type: none"> • Children suffering from acute respiratory disorders achieved results described as good and excellent with Prospan®. ¹ • Good to excellent results were achieved with Prospan® in children with severe spastic bronchitis. ¹ • Prospan® achieves a considerable improvement in the lung function of children suffering from chronic obstructive bronchitis. ^{2,4} • Prospan® can be used to treat infant babies. ^{5,8} • Prospan® can be recommended to children of all age groups. ⁵ • High tolerability for Prospan® has been shown in children from 0 yrs of age. ⁶ • Good results were achieved in children with whooping cough and spastic or uncomplicated bronchitis. ⁷



	<ul style="list-style-type: none"> • Prospan® can be recommended for the treatment of children with acute bronchitis. ⁸
Prospan®: Use in diabetics	<ul style="list-style-type: none"> • Prospan® is free of sugar additives. ³ • Prospan® contains sorbitol as sweetener and can be prescribed for children with pancreatic (insular) diabetes. It does not cause any surplus of carbohydrates. ^{5,8}
Prospan®: Use in asthmatics	<ul style="list-style-type: none"> • Dried ivy leaf extract is an effective and well-tolerated therapeutic agent in children with bronchial asthma. ⁹ • Prospan® resulted in a clinically relevant and statistically significant improvement in pulmonary function (reduction in airway resistance) compared with placebo in the asthmatic patients that participated in the study. ^{9,10,11,12} • The bronchodilator effect of dried ivy leaf extract three hours after ingestion is almost comparable to that of an inhalational β_2 sympathomimetic. ^{7,9} • Ivy leaf extract preparations show effects respective to improving the respiratory functions of children with chronic asthma. ¹⁰
Prospan®: Use in sport	<ul style="list-style-type: none"> • Ivy leaf extract is not a prohibited substance according to IOC regulations. ¹³
Prospan® compared to β_2 sympathomimetics	<ul style="list-style-type: none"> • The bronchodilating effect of Prospan® three hours after ingestion is almost comparable to that of an inhalational β_2 sympathomimetic such as fenoterol (after ten minutes). ⁷
Prospan® compared to acetylcysteine	<ul style="list-style-type: none"> • Prospan® exerts mucolytic action equal to acetylcysteine but with better tolerability. ⁸ • Improvements of parameters concerning the function of upper and middle airways were greater in the Prospan® group than the acetylcysteine group. ⁸ • After treatment, parameters of external respiration in the Prospan® group were statistically higher than in the acetylcysteine group. ⁸
Prospan® compared to Ambroxol	<ul style="list-style-type: none"> • Prospan® has been demonstrated to be the equal of the synthetic mucolytic in effectiveness. ^{1,7} • Dyspnoea receded significantly faster in patients treated with Prospan® than with the ambroxol group. ¹ • The antitussive effect of Prospan® tended to be more pronounced than that of ambroxol. ¹ • Adverse effects (e.g. nausea, vomiting and headaches) are common with ambroxol whereas Prospan® is extremely well tolerated. ¹ • Prospan® exhibited better objective results in spirometry and auscultation. ⁷



References:

1. Meyer-Wegener J, Liebscher K, Hettich M. Ivy versus Ambroxol in chronic bronchitis [Efeu versus Ambroxol bei chronischer Bronchitis]. Zeitschrift für Allgemeinmedizin 1993; 69: 61-66.
2. Gulyas A, Reppes R, Dethlefsen U. Consequent therapy of chronic obstructive respiratory tract illnesses in children [Konsequente Therapie chronisch obstruktiver Atemwegserkrankungen bei Kindern]. Atemwegs – und Lungenkrankheiten 1997; 23: 291-294.
3. Gulyas A, Lämmlein M. The treatment of chronic-obstructive bronchitis in children [Zur Behandlung von Kindern mit chronisch obstruktiver Bronchitis]. Sozial Pädiatrie 1992; 14: 632-634.
4. Lässig W, Generlich H, Heydolph F, Paditz E. Efficacy and tolerability of ivy-containing cough remedies [Wirksamkeit und Verträglichkeit efeuhltiger Hustenmittel]. TW Pädiatrie 1996; 9: 489-491.
5. Maidannik V, Duka E, Kachalova O, Efanova A, Svoykina S, Sosnovskaja T. Efficacy of Prospan application in children's diseases of respiratory tract. Pediatrics, Tocology and Gynecology 2003; 4: 1-7.
6. Kraft K. Tolerability of dried ivy leaf extract in children [Verträglichkeit von Efeublättertrockenextrakt im Kindesalter]. Zeitschrift für Phytotherapie 2004; 25: 179-181.
7. Landgrebe H, Matusch R, Marburg, Runkel F, Hecker M. Effectiveness and use of an old medicinal plant [Wirkung und Anwendung einer alten Heilpflanze]. Pharmazeutische Zeitung 1999; 35: 11-15.
8. Bolbot Y, Prokhorov E, Mokia S, Yurtseva A. Comparing the efficacy and safety of high-concentrate (5-7.5:1) ivy leaves extract and Acetylcysteine for the treatment of children with acute bronchitis. Drugs of Ukraine November 2004.
9. Mansfeld H, Höhre H, Reppes R, Dethlefsen U. Therapy of Bronchial Asthma with Dried Ivy Leaf Extract [Therapie des Asthma bronchiale mit Efeublätter - Trockenextrakt]. Münchener Medizinische Wochenschrift 1998; 140: 26-30.
10. Hofmann D, Hecker M, Völp A. Efficacy of dry extract of ivy leaves in children with bronchial asthma – a review of randomized controlled trials. Phytomedicine 2003; 10: 213-220.
11. Hecker M. Efficacy and tolerance of ivy extract in patients suffering from respiratory tract diseases. Naturamed 1999; 14: 28-33.
12. ESCOP monographs. The Scientific Foundation for Herbal Medicinal Products. Hederae Helicis Folium/Ivy leaf. ESCOP Monographs 2nd ed, completely revised and expanded 2003 p.241-247.
13. Department of Health Medicines Information Centre. Division of Clinical Pharmacology. University of Cape Town.