

# Herbal Quitacoff

## Therapeutic indication:

English Herbal Medicines Herbal Quitacoff is a traditional herbal medicinal product used for the relief of coughs, such as chesty coughs and dry, tickly coughs, based on traditional use only.

## Components:

Each 5ml of oral liquid contains 0.065 ml of liquid extract from dried Lobelia (*Lobelia inflata* L.) herb (1:1). Extraction solvent: ethanol 50% v/v and 1 ml of liquid extract from dried Squill (*Urginea maritima* L.) bulb (1:10). Extraction solvent: acetic acid (5.8 % w/v). Also contains Glycerol and Concentrated Apple Juice.

## Dosage:

For the relief of coughs, such as chesty coughs and dry, tickly coughs: Take one 5ml teaspoonful three or four times a day.

## Enviro Friendly Label and Packaging:

Almost zero new paper packaging is produced for the manufacture of this product. The Patient Information Leaflet is found behind the peel-and-reseal front label. There is no bottle box and product is re-delivered in the same outer card wrapping that the empty bottles are received in by the final dosage form manufacturers (subject to quality checks).

## Pack Size:

Available in 200ml amber glass bottle with 20mm screw top. Supplied in boxes of 10 bottles. Nominal weight per box of 10 is 4.4 kg.



# Squill and Lobelia

The Squill and Lobelia combination formula for Quitacoff was a traditional herbal remedy originating from Potters, the first English herbal medicine company, founded in 1812 and which grew to become the main UK supplier of medicines in the nineteenth century.

Squill is one of the earliest known plants in medicine. The earliest mention is in the Ebers papyrus. So effective that it became an object of temple worship. Its modern use is for 'dry' respiratory conditions in need of a positive expectoration<sup>1</sup>.

Lobelia, also known as Indian tobacco, is an expectorant and was once also used as a smoking deterrent<sup>2</sup>, which may have given rise to the old name "Quitacoff"

Squill was recommended in the 17th century by Culpepper as "it is one of the most certain expectorants in asthmatical cases, where the lungs or stomach are oppressed by tough viscid phlegm, or injured by the imprudent use of opiates."<sup>3</sup>

Both Squill and Lobelia are listed as official drugs in the British Pharmacopoeia, as long ago as 1885<sup>4</sup> and were constantly in the Pharmacopoeia throughout the succeeding century<sup>5</sup>. Few drugs have stood the test of time so well.

In the USA, it was said that "for laryngitis...we have no remedy equal to Lobelia"<sup>6</sup>, whilst in Britain, squill was "a powerful expectorant, and is much used in chronic bronchitis and for coughs generally."<sup>7</sup>

“Stimulating (reflex) expectorant herbs like Lobelia and Squill(s) have been standards in Western Medicine. Limited modern investigation of the mechanisms involved leads to thought that they are mediated through both peripheral and central 5-HT<sub>3</sub> receptors.”<sup>8,9</sup>

The British Herbal Pharmacopoeia says that both Squill and Lobelia are specifics for cough, with scanty sputum.<sup>10</sup>



*Lobelia inflata* L.

**References:**

1. 1995: Encyclopaedia of Herbal Medicine, Thos Bartram Christchurch: Grace Publishers
2. ibid
3. 1640, Culepper, N., The Compleat Herbal, Reprinted Exeter: Foulsham & co.
4. 1885 The Medical Council: The British Pharmacopoeia. London: Spottiswoode & co
5. 1973: Pharmaceutical Society of Great Britain. Martindales Extra Pharmacopoeia: London: The Pharmaceutical Press
6. Scudder J.M., 1898. The American Eclectic Materia Medica and Therapeutics, Cincinnati: Scudder Bros.
7. Greenish, H.A., 1929. A Text Book of Materia Medica, London: Churchill
8. Mills, S.Y., Bone, K., 2000. Principles and Practice of Phytotherapy, London: Churchill Livingstone
9. Minton, N.A., 1994. Volunteer models for predicting antiemetic activity of 5-HT<sub>3</sub>-receptor antagonists. British Journal of Clinical Pharmacology: 37(6): 525-530
10. British Herbal Medicine Association, 2003. A Guide to Traditional Herbal Medicines, Bournemouth: BHMA

#### HOW TO TAKE THIS PRODUCT:

**For oral use only.**  
**Adults, the elderly and children over 12 years:** Take one 5ml teaspoonful three or four times a day.

#### DO NOT EXCEED THE STATED DOSE

This formulation is not suitable for children under 12, pregnant or breastfeeding women, patients who are allergic to any of the ingredients or patients with any type of heart condition.

**Keep all medicines out of the reach and sight of children.**

**Peel where shown for further precautions.**



Certification  
Mark



Batch No:  
Expiry:

EHQUITL200/001

ENGLISH HERBAL  
MEDICINES

# Herbal Quitacoff

A traditional herbal medicinal product used for the relief of coughs, such as chesty coughs and dry, tickly coughs, based on traditional use only

200ml

#### PRODUCT DESCRIPTION:

English Herbal Medicines Herbal Quitacoff is a traditional herbal medicinal product used for the relief of coughs, such as chesty coughs and dry, tickly coughs, based on traditional use only.

**Ingredients:** 5 ml of oral liquid contains 0.065 ml of liquid extract from dried Lobelia (*Lobelia inflata* L.) herb (1:1). Extraction solvent: ethanol 50% v/v and 1 ml of liquid extract from dried Squill (*Urginea maritima* L.) bulb (1:10). Extraction solvent: acetic acid (5.8 % w/v).

**This product also contains the following ingredients:**  
Glycerol and Concentrated Apple Juice.

#### Manufacturer and Traditional Herbal Registration Holder:

Rutland Biodynamics Ltd.,  
Town Park Farm, Brooke,  
Rutland LE15 8DG  
THR No: 28255/0019

Label last revised in July 2010

PEEL HERE BUT DO NOT REMOVE

#### BEFORE YOU TAKE THIS PRODUCT

##### Do not take this product if you:

- are pregnant or breastfeeding
- are under 12 years of age
- are allergic to any of the ingredients
- have any type of heart condition

**If your symptoms worsen or do not improve after 7 days, or adverse reactions not mentioned in the leaflet occur, speak to your doctor, pharmacist or healthcare practitioner.**

##### You should also know:

This product contains approximately 26 mg ethanol (alcohol) per dose equivalent to 0.7 ml of beer or 0.3 ml of wine. Harmful for people suffering from alcoholism or liver-disease.

**If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or healthcare practitioner.**

#### POSSIBLE SIDE EFFECTS

Like all medicines, this product can have side effects, although not everybody gets them. These include:

##### Uncommon side-effects

- digestive upsets (nausea, vomiting or diarrhoea)
- coughing
- tremors
- dizziness

If these persist or become troublesome stop taking the product. Stop taking this product immediately if you experience any allergic skin reaction.

Tell your doctor if you notice any other side effects.

#### STORING THIS PRODUCT

##### Do not use after the expiry date shown on the bottle

Return any out of date medicine to your pharmacist who will dispose of it for you.

This product does not require any special storage conditions. Keep the bottle tightly closed.

#### FURTHER INFORMATION

##### If you take too much of this product (overdose)

If you take more than the recommended dose, speak to a doctor, pharmacist or healthcare practitioner and take this leaflet with you.

##### If you forget to take this product

Continue to take your usual dose at the usual time. It does not matter if you have missed a dose.

You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at [www.yellowcard.gov.uk](http://www.yellowcard.gov.uk). Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call freephone 0800 100 3352 (available 10.00am - 2.00pm Monday - Friday).

This product is available in packs of 200ml.

##### If you would like further information about this product, contact:

English Herbal Medicines Ltd,  
Town Park Farm, Brooke, Rutland LE15 8DG

ENGLISH HERBAL  
MEDICINES

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