



In accordance
with the Current
Care Guidelines

Soothing and nurturing

Mielikki cough honey eases cough and improves sleep.

APTEQ

BETTER FROM PHARMACY

Manufactured in Finland.

Mielikki cough honey

New treatment for acute cough in accordance with the Current Care Guidelines for those over 1 year of age

According to the latest recommendations, no conventional cough medication should be used for children.¹ Conventional cough medication does not relieve symptoms in children with acute cough and may cause serious adverse reactions.² The effect of all conventional cough medications is poorly documented, and refraining from drug treatment should always be considered for adults as well.¹ Honey is recommended for the treatment of acute cough associated with respiratory tract infection.² The effect of honey has been extensively documented (6 clinical trials, a total of 915 treated patients).³⁻⁸ Studies have found that honey is more effective than placebo^{3,4} and more effective than conventional cough medication (Figures 1 and 2).^{5,6}

In the study shown in Figure 1, the cough frequency score of the child changed significantly from 4.09 to 1.93, a decrease of 53%, when treated with honey. The corresponding values were 39% for dextromethorphan, 41% for diphenhydramine and 26% for the control group. In Figure 2, the effect of cough on a child's sleep changed significantly from 3.66 to 1.42, a decrease of 61%, when treated with honey. The corresponding values were 47% for dextromethorphan, 45% for diphenhydramine and 31% for the control group.

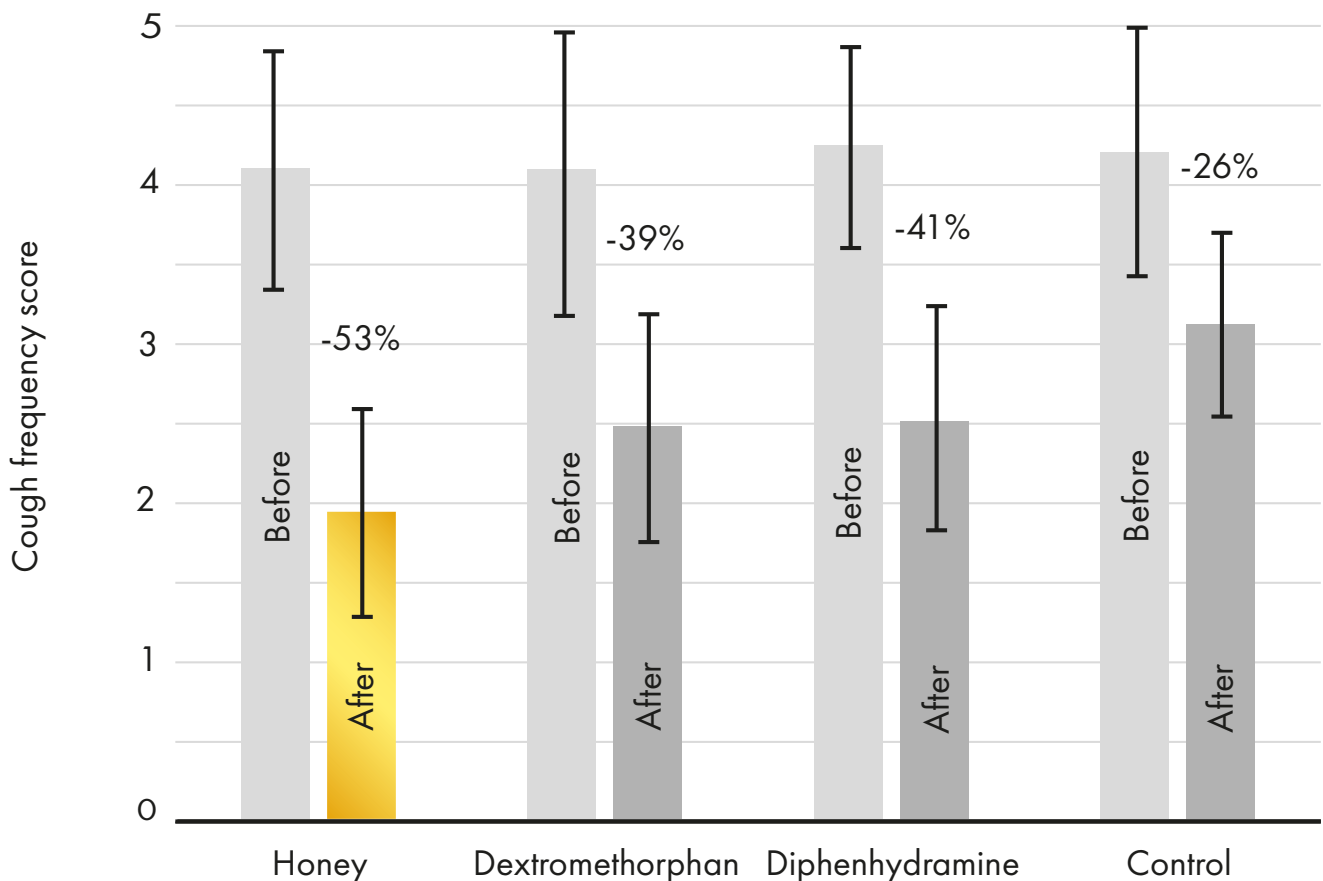


Figure 1. Change in cough frequency score (n = 139).⁵

New large-scale review and meta-analysis in 2020

The University of Oxford team has now investigated the efficacy of honey in both children and adults. The systematic review and meta-analysis included 14 studies with a sample of a total of 1,761 adults and children of different ages⁹. The following was observed about honey in the study:

- Strongest evidence for children's cough
- May also be effective in adults
- Also helps with other flu symptoms
- The duration of flu symptoms was reduced by 1–2 days in those who consumed honey
- It might be more effective than antihistamines, analgesics and antibiotics
- May help slow down the spread of antibiotic resistance

Mielikki includes a dose of honey in accordance with the Current Care Guidelines:

- Medical grade
- Uniform quality, cleaned
- Chemically and microbiologically tested
- Does not contain, for example, spores of the *Clostridium botulinum* bacterium

Functional mechanism of Mielikki:

- Demulcent effect (cough suppressant membrane on pharyngeal cough receptors)
- Mucosal soothing, pain and inflammation relief
- Antimicrobial properties of honey
- Glycerol treats irritated mucosa

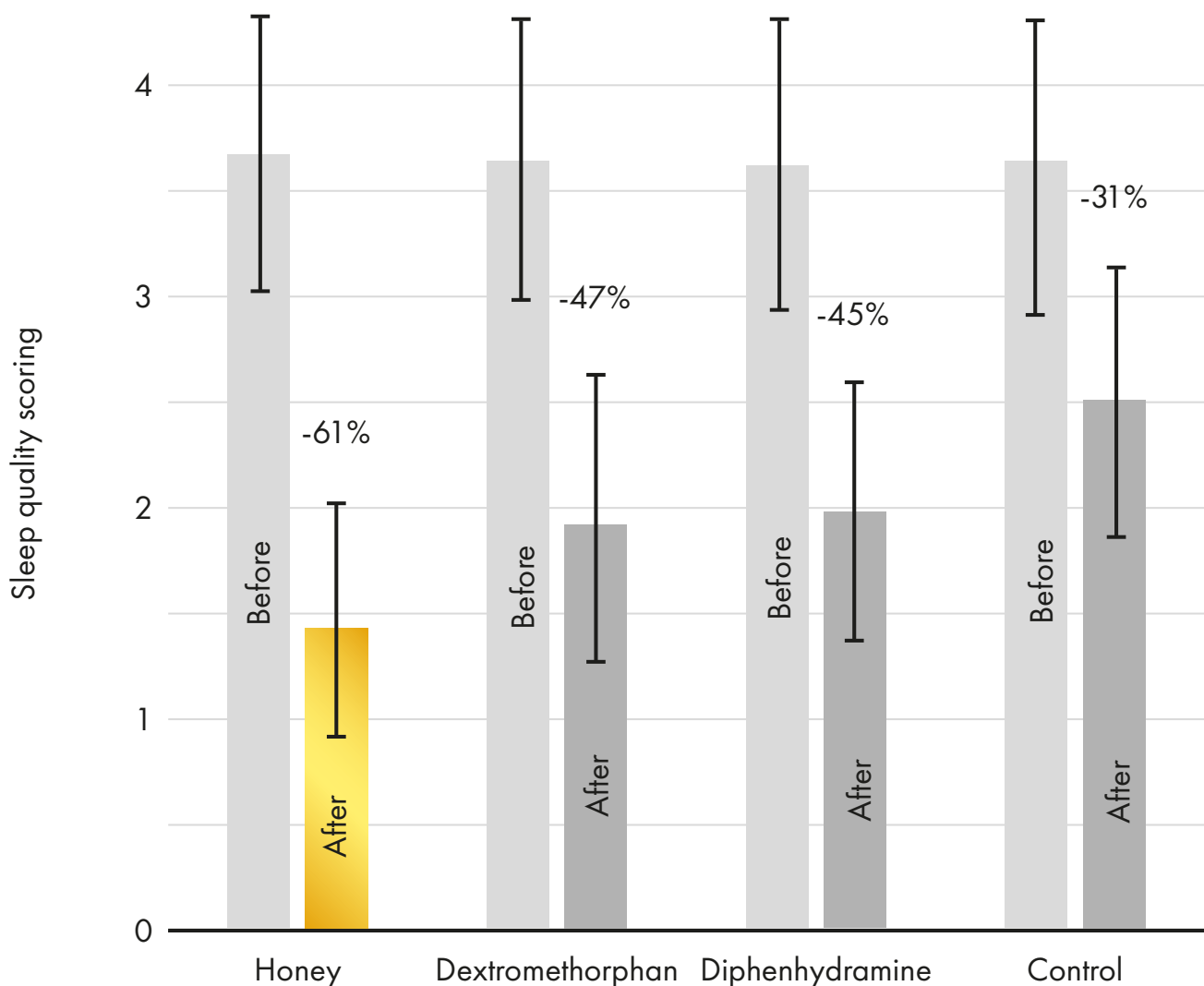


Figure 2. Effect of coughing on a child's sleep (n = 139).⁵

References

1. Koskela H, Naaranlahti T, Duodecim 2016;132:455-60
2. Current Care Guidelines, Finnish Medical Society Duodecim.
3. Cohen et al. Pediatrics 2012;130:465-71.
4. Paul et al. Arch Pediatr Adolesc Med 2007;161:1140-6.
5. Shadkam et al. J Altern Complement Med 2010;16:787-93.
6. Ayazi et al. PLoS One. 2017 Jan 19;12(1).
7. Cohen et al. World J Pediatr. 2017 Feb;13(1):27-33.
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9. Abuelgasim et. al. BMJ Evid Based Med. 2020 Aug 18.

Product information

Purpose of use:	For alleviating coughing for those over 1 year of age.
Dosage:	To be ingested orally. Children over 1 year of age: 5 ml when necessary and up to 4 times a day. Children over 12 years of age and adults: 10 ml when necessary and up to 4 times a day.
Package size:	200 ml
Product category:	CE-marked medical device
Composition:	Honey (0.7 g/ml medical grade), glycerol, citric acid, purified water, sodium benzoate, sodium hydroxide.
Instructions:	For alleviating coughing when necessary until the symptoms improve. Not to be given to children under 1 year of age. If the cough lasts 1–2 weeks, seek medical advice. Do not use if you are hypersensitive or allergic to any of the ingredients. Keep out of the reach of children. Do not eat or drink for 15 minutes after use.