

Engystol[®] and Gripp-Heel[®]



Proven safe and effective for symptoms of

- Infections with fever
- Influenza
- Respiratory Syncytial Virus (RSV)
- Corticosteroid-dependent asthma
- Post-viral syndrome

-Heel

Engystol® & Gripp-Heel®

Pharmacological aspects

Susceptibility to infections depends upon the status of the immune system. The goal of treatment with combination homeopathic preparations such as Engystol® and Gripp-Heel® is to activate and support the endogenous defense mechanisms. This will strengthen the defense against the pathogens and ensuing infections.

Engystol is a combination homeopathic drug that contains botanical and mineral ingredients, each in multiple potencies. In-vitro tests have demonstrated that Engystol stimulates the phagocytic activity of human granulocytes up to 30% above control cultures. This effect was further enhanced to 41% by applying a 1:1 mixture of Engystol and Gripp-Heel.¹

The effectiveness of Engystol is likely not due to a direct immunomodulation of granulocytes. An indirect effect mediated by simultaneous activation of T-lymphocytes and cytokines released from other immunocompetent cells appears more likely.²

Gripp-Heel is a combination homeopathic drug that contains one mineral, three botanical ingredients, and one animal ingredient. This combination of ingredients with their corresponding dilutions categorizes Gripp-Heel as an immunomodulatory drug. Through this immunomodulatory action Gripp-Heel appears to activate the mesenchymal immune reaction and brings about regressive vicariation through removal of the viral toxin and infection source.³

The Engystol® & Gripp-Heel® Protocols

Treatment Protocols:

Treatment protocol: Acute Viral Infections

| Product Name | Dosage | Action |
|--------------|-------------------|---|
| Lymphomyosot | 15 drops 3x a day | Active lymphatic elimination |
| Engystol | 1 tablet 3x a day | Activate non-specific defense against virus |
| Gripp-Heel | 1 tablet 3x a day | Activate non-specific defense against virus |

Treatment protocol: Chronic Viral Infections

The following should be taken at the same time.

| Product Name | Dosage | Action |
|--|--------------------|---|
| Hepar compositum | 1 tablet 3x a week | Tonify and detox liver |
| Solidago compositum | 1 tablet 3x a week | Detox Kidney |
| Lymphomyosot | 1 tablet 2x a day | Activate lymphatic elimination |
| Engystol | 1 tablet 2x a day | Activate non-specific defense against virus |
| Coenzyme compositum & Ubiquinol compositum | 1 tablet 3x a week | Catalyst remedy |

Treating Recurrence: Chronic Viral Infections

| Product Name | Dosage | Action |
|--|----------------------|--|
| Engystol + Euphorbium compositum (add Traumeel in cases of severe inflammation) | 1 tablet 2-3x a week | Primary drug: For activating non-specific defense against virus |
| Lymphomyosot + Galium-Heel | 1 tablet 2-3x a week | Secondary drug: For activating pathways of elimination |
| Mucosa compositum + Tonsilla compositum | 1 tablet 2-3x a week | Phase drug: For activating mileau |

Pharmacological description

Engystol® and **Gripp-Heel®** are effective at treating mild viral infections⁴

Engystol® and **Gripp-Heel®** are both very well tolerated

Engystol® and **Gripp-Heel®** are suitable for long-term treatment

Engystol® and **Gripp-Heel®** are compatible with allopathic medications

Engystol® and **Gripp-Heel®** have rare side effects or interactions with other drugs and can be used for chronic diseases

Gripp-Heel® is an effective treatment for upper respiratory infections (URIs)

Gripp-Heel® is an effective immune booster for acute viral infections, including influenza⁵

Engystol® injection solution (Rx) is a combination formula of a botanical substance and a mineral substance. **Engystol®** injection solution is officially classified as a homeopathic combination drug.

| | |
|--|--|
| Asclepias vincetoxicum 6X, 10X, 30X | Feverish viral disease including influenza |
| Sulphur 4X, 10X | Flashes of heat throughout body. Homeopathic polycryst |

Gripp-Heel® injection solution (Rx) is a combination formula of one mineral and three botanical substances and an animal ingredient. **Gripp-Heel®** injection solution is officially classified as a homeopathic combination drug.

| | |
|---------------------------|--|
| Aconitum napellus 4X | Hoarseness, dry croupy cough |
| Bryonia alba 4X | Dry mucous membranes, all symptoms worse with motion |
| Lachesis mutus 12X | Left-sided sore throat Immunomodulator component |
| Eupatorium perfoliatum 3X | Hoarseness and cough, chest soreness |
| Bryonia alba 4X | Painful larynx; quickened breathing |

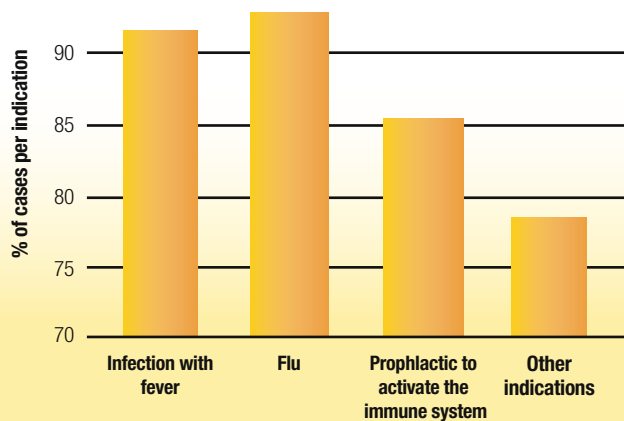


Clinically Tested

Engystol® – demonstrated efficacy

Post marketing drug monitoring studies of Engystol Tablets and Engystol N injection solution demonstrate that both dosage forms exhibit excellent tolerability and efficacy. The onset of action of Engystol N injection appears to be slightly faster than that of the tablet form. However, regardless of which dosage form is used, the level of symptom improvement will be the same after 4 days. Engystol and Engystol N achieved a “good” to “very good” therapeutic result in over 88% of patients.^{6,7}

Very good - good global therapy results with Engystol®



Engystol® – antiviral activity

Basic research studies revealed a dose dependent antiviral activity of **Engystol®** *in-vitro* against adenovirus Type 5 of almost 60%. A slight antiviral activity also was demonstrated against RSV (Respiratory Syncytial Virus).⁹

Gripp-Heel® as effective & greater tolerability than conventional therapy for mild viral infections

For symptomatic relief in treating mild viral infections, **Gripp-Heel®** was compared to conventional therapy in a prospective, observational cohort study of 485 patients with symptoms such as headache, fever, muscle aches, cough and sore throats. At the end of therapy 67.9% of the **Gripp-Heel®** patients were asymptomatic compared with only 47.9% of the control group. “**Gripp-Heel®** appears to be an appealing alternative to current therapies directed at providing symptomatic relief for mild viral infections. The homeopathic treatment was at least equivalent to conventional medications in providing symptomatic relief and shortening the time to improvement.” Tolerability appeared to be slightly better in the **Gripp-Heel®** group compared with the control.³

Gripp-Heel® as prophylaxis for acute viral infections

This study evaluated the humoral immune response after giving chronically ill residents of a nursing home injections and oral tablets of **Gripp-Heel®** as prophylactic treatment for viral infections. Antibody production was observed in serum withdraws before and after the treatment timeframe. Dosage was an initial IM injection of **Gripp-Heel®**, followed by 14 days of 1 tablet tid dosing.

Overall **Gripp-Heel®** is well tolerated in both the injectable and tablet form, with no incidence of adverse reactions. “Protective administration of this drug decreases disease incidence-especially of respiratory tract diseases, reducing the risk of chronic sickness aggravation and death.” “**Gripp-Heel®** should be considered a valuable protective agent against acute viral infections of the upper respiratory tract (including influenza), ... especially in cases in which no protective vaccine can be administered.” **Gripp-Heel®** can also be administered to anyone who wants to boost the immune system during the flu season.⁹

Engystol® to help reduce need for corticosteroids in steroid-dependent bronchial asthma

A double-blind, placebo-controlled, randomized study with **Engystol®** was performed on 40 patients with corticosteroid-dependent bronchial asthma. Half the patients received subcutaneous injections of **Engystol®** every 5-7 days, for 7 months and the control group received placebo injections. Patients progress was measured using PEFr, FVC, FEV, granulocyte function and clinical parameters. The **Engystol®** group had improvements in their clinical parameters (spirometric tests) and a reduction (to half their initial dose) in their dosage of corticosteroids as compared to the placebo group.¹⁰



References

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Engystol® & Gripp-Heel®

Various treatment possibilities present themselves with the injectable form of Engystol® & Gripp-Heel®:

- Intravenously
Systemic treatment for symptoms of viral infections
Can be mixed in iv bags or given individually
- Intramuscularly
Treatment of corticosteroid-dependent asthma
- Subcutaneously
Treatment for symptoms of viral infections
- Injection directly into reflex zones (neural therapy)
Asthma treatment
Local manifestations of viral infections
- Acupuncture point injections (homeosiniatry)

Why should you recommend/use Engystol® & Gripp-Heel® as a combination:

Together they increase the phagocytic rate of the macrophages, more than each taken singly.
Effective combination for treatment of symptoms of viral infections
Immunomodulatory effects with combination

Why should you recommend/use Engystol®

Infections with or without fever
RSV
Corticosteroid-dependent asthma
Very well tolerated
Suitable for long-term treatment
Rare side-effects, contraindications or interactions

Why should you recommend/use Gripp-Heel®

Symptomatic relief of influenza
Immune boosting treatment for viral infections
– especially influenza
Very well tolerated
Suitable for long-term treatment
Rare side-effects, contraindications or interactions

Ingredients:

Tablets:

Engystol® - Each 300 mg tablet contains: Asclepias vincetoxicum 6X, 10X, 30X (Fever) 75 mg each; Sulphur 4X, 10X (flashes of heat throughout body; lips dry, bright red, burning) 37.5 mg each in a lactose base.

Gripp-Heel® - Each 300 mg tablet contains: Aconitum napellus 4X (hoarseness; dry croupy cough), 120 mg; Bryonia alba 4X (dry mucous membranes; all symptoms worse with motion), Lachesis mutus 12X (left-sided sore throat), 60 mg each; Eupatorium perfoliatum 3X (hoarseness and cough; chest soreness), Phosphorus 5X (painful larynx; breathing quickened) 30 mg each in a lactose base.

Oral vials:

Engystol® - Each 100 ml contains: Asclepias vincetoxicum 6X, 10X, 30X 0.6 ml each; Sulphur 4X, 10X 0.3 ml each in an isotonic sodium chloride solution base.

Gripp-Heel® - Each 100 ml contains: Aconitum napellus 3X 0.4 ml; Bryonia alba 3X, Lachesis mutus 11X 0.2 ml each; Eupatorium perfoliatum 2X, Phosphorus 4X 0.1 ml each in an isotonic sodium chloride solution base.

Injection solution (RX):

Engystol® - Each 1.1 ml vial contains: Asclepias vinceotoxicum 6X, 10X, 30X 6.6 µl each; Sulphur 4X, 10X 3.3 µl each in a sterile isotonic sodium chloride solution base.

Gripp-Heel® - Each 1.1 ml vial contains: Aconitum napellus 3X 4.4 µl; Bryonia alba 3X, Lachesis mutus 11X 2.2 µl each; Eupatorium perforatum 2X, Phosphorus 4X 1.1 µl each in an isotonic sodium chloride solution base.

Side effects:

None known.

Contraindications:

None known.

How supplied:

Tablets: bottle containing 100 tablets

Oral vials: pack containing 10 vials of 1.1 ml.

Injection solution (Rx): pack containing 10 ampules of 1.1 ml.

Scientific Bio-Logics

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Dosage and Administration

The dosage schedules listed below can be used as a general guide for the administration of **Engystol® & Gripp-Heel®**. The dosage for each patient should be individualized according to the patient's response to therapy. See package insert for complete dosage information.

Tablets:

Adults and children above 12 years: 1 tablet each sublingually or dissolved completely in mouth 3 times daily or as directed by a physician. *Acute dosage:* 1 tablet each every 15 minutes, up to 8 doses

Oral vials:

Adults and children above 12 years: In general 1 vial each 2-3 times daily.

Injection solution (Rx):

Adults and children above 12 years: One ampule each 2-3 times weekly.

Acute infection:

Recommended at the onset of infection: 1 tablet each every 15 minutes for 8 doses or 1 ampule each orally per day for 5 days or 1 injection each per day for 5 days.

