

# The Luffa „duo“ for Exceptional Results



# Luffa comp.-Heel®\*

## Significant Symptom Relief

In a randomized, double-blind clinical study of 146 patients suffering from seasonal allergic rhinitis the effectiveness of Luffa comp.-Heel nasal spray was compared to that of cromolyn sodium nasal spray over a six week period.

Four to eight sprays daily per nostril of Luffa comp.-Heel nasal spray resulted in significant and lasting symptom improvement, equivalent to that of cromolyn sodium. Both medications were well tolerated<sup>1)</sup>.

- ✂ Effectively reduces nasal and ocular allergic symptoms
- ✂ Provides a choice of either a nasal or an oral dosage form
- ✂ Is suitable for long-term treatment

\*Also available as Luffeel in some countries

In cases of known seasonal allergies, the effectiveness of Luffa comp.-Heel nasal spray may be enhanced by starting systemic treatment in advance of the expected symptoms:

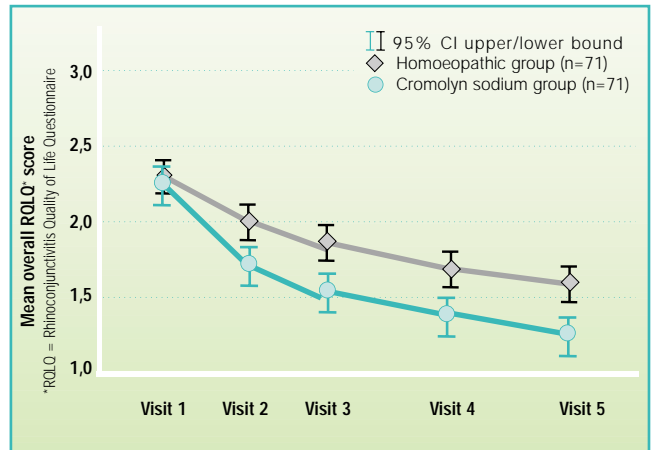
### 1 – 2 months before pollen exposure

- ✂ 1 tablet 3 times daily of Luffa compositum Heel

### During pollen season

- ✂ 1 tablet 3 times daily of Luffa compositum Heel plus 1 spray in each nostril 3 to 5 times daily of Luffa comp.-Heel nasal spray

## For a better quality of life



### References:

- 1) Weiser M et al. A Randomized Equivalence Trial Comparing the Efficacy and Safety of Luffa comp.-Heel Nasal Spray with Cromolyn Sodium Spray in the Treatment of Seasonal Allergic Rhinitis. Research in Complementary Medicine 1999, Vol. 6, No. 3: 142-148
- 2) Frase W, Weiser M. Antihomotoxic Treatment of Hay Fever. Biological Therapy 1994, Vol. 8, No. 3: 91-96

### Luffa comp.-Heel® Nasal Spray

**Composition:** 100 g cont.: Luffa operculata D4, Luffa operculata D12, Luffa operculata D30, Thryallis glauca D4, Thryallis glauca D12, Thryallis glauca D30, 10 g each; Histaminum D12, Histaminum D30, Histaminum D200, Sulfur D12, Sulfur D30, Sulfur D200, 5 g each. Benzalkonium chloride, 1 mg, as preservative. **Indications:** Hay fever. **Contraindications:** This medication may not be administered to patients with hypersensitivity to benzalkonium chloride. **Side effects:** None known. **Interactions with other medication:** None known. **Dosage:** In general, 1-2 spray squirts, 3-5 times a day into each nostril (1 spray squirt = 3.35 drops, or 0.1 ml). For children under 6, 1 spray squirt, 3-4 times a day. **Package size:** Atomiser without propellant containing 20 ml of solution.

### Luffa compositum Heel® Tablets

**Composition:** 1 tablet cont.: Aralia racemosa D1, Arsenum jodatum D8, Lobelia inflata D6, Luffa operculata D12, 25 mg each. **Indications:** Hay fever. **Contraindications:** In case of thyroid disorders, this preparation may not be administered without prior approval from a physician. **Side effects:** None known. **Interactions with other medication:** None known. **Dosage:** In general, 1 tablet to be dissolved in the mouth 3 times daily. In acute disorders, 1 tablet every 15 minutes (over a period lasting up to 2 hours). Infants up to the age of 1 may not take more than a third of the adult dosage. Children up to the age of 6 may not take more than half. Children between 6 and 12 may not take more than two-thirds of the adult dosage. **Package sizes:** Packs containing 50 and 250 tablets.




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In a drug monitoring study, concomitant administration of Luffa comp.-Heel nasal spray and tablets was rated by over 70 % of 1,090 hay fever patients as either "good" or "very good" therapy<sup>2)</sup>.

# A Growing Demand for Satisfactory Treatment

The number of people with allergies has grown dramatically in recent years. Currently, up to 20 % of the population suffers from hay fever during spring and summer. Unsatisfactory results with conventional treatment are widespread – about 90 % of allergy sufferers are therefore eager to try alternative treatments like homoeopathy.

Luffa comp.-Heel nasal spray and tablets combine the therapeutic effects of natural botanical substances with mineral ingredients. With a stabilized immune system, Luffa compositum Heel has proven effective for treating the typical allergic nasal and ocular symptoms:

-  Running nose
-  Sneezing
-  Itchy eyes



## Allergic Rhinitis

Prophylaxis

Therapy



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