



Read the content of this direction insert carefully before you start using EvoJoshanda because it contains important information for you.

This product is available without a doctor's prescription, for your use. Nevertheless you still need to use EvoJoshanda carefully to get the best result from it.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or your pharmacist.
- You must contact a doctor, dietician or pharmacist if your symptoms worsen or do not improve.

COMPOSITION

Each 6g sachet contains:
Echinacea purpurea Extract450 mg
Pinus pinaster Extract75 mg
Sambucus nigra Extract30 mg
Piper longum105 mg
(R2H specs.)

DESCRIPTION

EvoJoshanda is a multi-herbal preparation containing extracts of Echinacea purpurea, Pinus pinaster, Sambucus nigra and Piper longum. The combination of these herbs provide the formulation with five different dynamic properties i.e. anti-allergy, anti-inflammatory, anti-microbial, anti-catarhal and anti-pyretic. This Sachet acts as natural remedy for fast and effective relief from flu and flu-like symptoms.

USES

- Flu symptoms including
 - Fever
 - Nasal congestion
 - Chills and sweats
 - Headache
 - Dry, persistent cough
 - Aching muscles, especially back, arms and legs
 - Fatigue and weakness
 - Sore throat
- Common cold
- Allergies
- Immunity support.

HOW TO USE

Dosage

1 sachet 3 times a day or as advised by physician for 6-10 days.

Over dosage and treatment

- No scientific and reliable data is available regarding overdose.
- Do not take more than recommended dose.
- Treatment of over dosage should be symptomatic and supportive.

Administration requirements

To be taken orally.

ROLE OF INGREDIENTS

Echinacea purpurea

Echinacea purpurea (Asteraceae) is a perennial medicinal herb with important immunostimulatory and anti-inflammatory properties, especially the alleviation of cold symptoms. Echinacea contains polysaccharides, glycoproteins, alkaloids, volatile oils, and flavonoids that play a role in its therapeutic effects. Several laboratory and animal studies suggest that echinacea contains active substances that boost immune function, relieve pain, reduce inflammation, and have hormonal, antiviral, and antioxidant effects. Today echinacea is used to shorten the duration of the common cold and flu, and reduce symptoms, such as sore throat (pharyngitis), cough, and fever.

The immunostimulant activity of echinacea is caused by three mechanisms: Phagocytosis activation, fibroblast stimulation, and the enhancement of respiratory activity that results in augmentation of leukocyte mobility. Numerous studies on the immunomodulatory and anti-inflammatory effects of E. purpurea suggest that innate immunity is enhanced by administration of the echinacea and the immune system is strengthened against pathogenic infections through activation of the neutrophils, macrophages, polymorphonuclear leukocytes (PMN), and natural killer (NK) cells. The Echinacea preparation, interestingly, has reversed the inflammation caused by some bacteria in a culture of epithelial cells by reducing cytokines.

Sambucus nigra

Sambucus nigra (Elderberry) is beneficial for the prevention and treatment of influenza and upper respiratory infections. Elderberry and its primary anthocyanin compound, cyanidin 3 -glucoside exhibits multiple modes of therapeutic action against influenza infection. This includes direct effect - suppressing the entry of the virus into cell, modulating the post-infectious phase, and preventing viral transmission to other cells and indirect effect - modulating the release of cytokines such as IL-6, IL-8, and TNF. Cyanidin 3-glucoside has direct effect on influenza but do not stimulate immune system. Sambucus nigra also have anti-catarhal effect.

Pinus pinaster

Pinus pinaster has been used worldwide as a herbal remedy, nutrition and supplemental food in many kinds of degenerative diseases. Bark extract of French P pinaster has been reported to have cardio-vascular and cholesterol lowering benefits, the ability to enhance microcirculation by increasing capillary permeability, significant free radical scavenging activity against reactive oxygen and nitrogen species, the potential to regenerate the ascorbyl radical and to protect endogenous vitamin E and glutathione from oxidative stress, and the potential to protect erythrocytes in G6PD deficiency. It also protects the nerve cells against beta-amyloid, or glutamate induced toxicity, accelerates wound healing processes, reduces scar formation, decreases histamine release from mast cells, and inhibits pro-inflammatory cytokine actions. Anti-inflammatory effects in asthma patients and reduction of attention-deficit disorder and attention-deficit hyperactivity disorder symptoms in children have been observed.

Piper Longum

Piper longum is used for lung problems including asthma, bronchitis, and cough. Piperine is the major alkaloid found in Piper longum. Piperine has antipyretic properties. It is also used to improve appetite and digestion. Piperine is a potent inhibitor of the mixed function oxygenase system and of p450 isoenzymes. It

restrains prostaglandins and leukotriene biosynthesis which ensures the analgesic effect of piperine combined with antipyretic effects.

WARNINGS AND PRECAUTIONS

Echinacea purpurea

- Echinacea is possibly safe when taken by mouth in the short-term. It seems to be safe in most children ages 2-11 years. However, about 7% of these children may experience a rash that could be due to an allergic reaction. There is some concern that allergic reactions to echinacea could be more severe in children who have atopy.
- It should be used cautiously in atopic patients.

Sambucus nigra

- Sambucus nigra is possibly safe in children 12 years of age or older when taken by mouth for up to 10 days.

Piper longum and Pinus pinaster

- Bleeding disorders: High doses might increase the risk of bleeding in people with bleeding disorders.
- Diabetes: Indian long pepper (piper longum) and pinus pinaster might affect blood sugar levels. In theory, taking piper longum and pinus pinaster in high doses might affect blood sugar control in people with diabetes. Dosing adjustments for diabetes medications might be needed.
- Surgery: Pinus pinaster and piper longum might slow blood clotting and reduce blood sugar. Stop using the herbs at least 2 weeks before a scheduled surgery.

- Please consult your Pharmacist/Doctor before taking this product.

PREGNANCY AND LACTATION

Insufficient reliable data. Measure risk benefits before use. Pregnant or breast feeding women shall consult health care professional before use.

CONTRAINDICATIONS

- EvoJoshanda must not be used in patients with:
 - Hypersensitivity to any ingredient present in the formulation.
 - Active tuberculosis
 - HIV
 - Leukemia
 - Auto-immune diseases such as multiple sclerosis, systemic lupus erythematosus, rheumatoid arthritis.
 - Inflammation of the nose due to an allergy
 - Asthma attack.

UNDESIRABLE EFFECTS

Echinacea purpurea: It appears to be safe and well-tolerated for short-term use.

Some side effects have been reported such as fever, nausea, vomiting, bad taste, stomach pain, diarrhea, sore throat, dry mouth, headache, numbness of the tongue, dizziness, difficulty sleeping, a disoriented feeling, and joint and muscle aches. In rare cases, echinacea has been reported to cause inflammation of the liver.

Sambucus nigra: It is safe when taken by mouth for up to 12 weeks. Sambucus nigra may cause nausea, vomiting, or severe diarrhea.

Pinus pinaster: Pinus Pinaster is safe when taken by mouth in doses of 50 mg to 450 mg daily for up to one year. Pinus Pinaster can cause dizziness, gut problems, headache, and mouth ulcers.

Piper longum: Piper longum is safe for most people when used short-term. No significant side effects have been reported.

INTERACTIONS WITH OTHER MEDICATIONS:

- Taking echinacea along with caffeine might cause too much caffeine in the bloodstream and increase the risk of side effects.
- Echinacea interacts with medications changed by the liver (Cytochrome P450 1A2 (CYP1A2) substrates) and increase the effect and side effects of these medications.
- Taking echinacea, sambucus nigra and pinus pinaster along with immunosuppressants might decrease the effectiveness of immunosuppressants.
- Taking Piper longum along with phenytoin, Propranolol and Theophylline might increase the effects and side effects of these medications.

PRESENTATION

EvoJoshanda Box of 30 sachets.

INSTRUCTIONS

- Use as advised by the physician.
- Keep out of the reach of children.
- Protect from light, heat and moisture.
- Store below 30°C.
- For suspected adverse drug reaction, email us at reports@pharmevo.biz
- For more information on our products call PharmAssist helpline 0800-82222 Monday to Friday 9:00 am to 6:00 pm or email us at : pharmassist@pharmevo.biz

ہدایات:

ڈاکٹر کی ہدایات کے مطابق استعمال کریں۔

بچوں کی صفحے سے دور رکھیں۔

دھنی کریں اور دہی سے محفوظ 30°C سے کم درجہ حرارت پر رکھیں۔

روا کے کوئی بھی اثرات کے متعلق reports@pharmevo.biz

پر مطلع کریں۔

ہمارے ایڈیٹریں کے لیے ہر مسئلہ کی

مہلپ لائن نمبر 0800-82222 پر کال کریں۔

ہر صبح 9:00 بجے تا 6:00 بجے

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A Product of

PharmEvo

Our dream, a healthier society

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