

# Benefits

Ayurbest Cough Syrup is an Ayurvedic herbal remedy used to: Relieve symptoms of dry and productive cough. Soothe throat irritation and reduce dryness. Clear mucus and ease breathing. Provide relief from cold, chest congestion, and wheezing. Support respiratory health naturally.

# How It Works

**Tulsi (Holy Basil):** Acts as an antimicrobial and anti-inflammatory agent. Reduces throat irritation and soothes cough.

**Vasa (Adhatoda Vasica):** Clears mucus from the respiratory tract, aiding in easier breathing.

**Mulethi (Licorice):** Soothes throat inflammation and is effective for dry cough.

**Ginger:** Reduces respiratory inflammation and calms coughing.

**Pippali (Long Pepper):** Acts as an expectorant, helping to remove mucus and reduce congestion.

**Honey:** A natural demulcent that coats the throat, alleviating dryness and irritation.

# Side Effects

Ayurbest Cough Syrup is generally safe. Rare side effects may include: Mild stomach discomfort. Allergic reactions like rash or itching (uncommon).

# Expert's Advice

- **Dosage:** Follow the recommended dosage as mentioned on the label or prescribed by an Ayurvedic practitioner.
- **Shake Well Before Use:** Ensures uniform distribution of the syrup's ingredients.
- **Consume After Meals:** Enhances absorption and effectiveness.
- **Stay Hydrated:** Complement the syrup with warm fluids for better results.
- **Avoid Cold Foods:** Refrain from cold or fried foods to optimize the syrup's benefits.
- **Consult Your Doctor:** Seek medical advice if symptoms persist or worsen.

# Frequently Asked Questions

## Q. What is Ayurbest Cough Syrup used for?

It is used to treat cough, clear mucus, and improve respiratory health naturally.

## Q. Is it effective for dry cough?

Yes, it soothes throat irritation and reduces dry cough effectively.

## Q. Can it be used for children?

Yes, it is safe for children, but consult a doctor for age-appropriate dosage.

## Q. Does it help with chest congestion?

Yes, it aids in clearing mucus and provides relief from chest congestion.

## Q. Can it be taken daily?

Yes, it can be taken daily as directed until symptoms improve.

**Q. Does it cause drowsiness?**

No, it is an Ayurvedic formulation and does not typically induce drowsiness.

**Q. Can it be used alongside other medications?**

Yes, but inform your doctor about other medications you are taking to avoid potential interactions.

**Q. How soon does it work?**

Relief can be noticed within a few doses. Consistent use is recommended for sustained benefits.

**Q. Is it sugar-free?**

Check the product label for details. Some formulations may contain natural sweeteners like honey.

**Q. Are there any dietary restrictions while using it?**

No specific restrictions, but avoiding cold or fried foods enhances its effectiveness.