

## Ingredient Listing and Brief Description of Natural Products Marketed for Children

Product Name	Active ingredients	Benefits/Concerns
<b>COUGH AND COLD</b>		
Hylands 4Kids Cough Syrup	<b>Aconitum Napellus</b> Antimonium Tartaricum Ipecacuanha Spongia Tosta	Aconitum Napellus = Aconite = the root of which contains toxic alkaloids that are strong, fast-acting poisons that affect the heart and central nervous system. In Hong Kong aconite is the most common cause of severe herbal poisoning. Antimonium Tartaricum = no reliable information Ipecacuanha = think "ipecac" Spongia Tosta = no reliable information
Hyland's Baby Cough Syrup	<b>Bryonia</b> Causticum Drosera rotundifolia Ipecacuanha Phosphorus Rumex Crispus Spongia tosta	Bryonia is likely unsafe when used orally in root or berry format. 15 berries of this plant is fatal to a child Drosera = Sundew = possibly safe, may offer benefit for coughing fits, dry cough Ipecacuanha = think "ipecac" Rumex crispus = yellow dock = possibly safe but insufficient evidence for effectiveness against acute and chronic nasal passageway inflammation. Of note, people allergic to ragweed can be allergic to yellow dock No reliable information on causticum or spongia tostum
Hyland's 4Kids Cold N' Cough	Allium Cepa Hepar Sulph Calc <b>Hydrastis</b> Natrum Muriaticum Phosphorus Pulsatilla Sulphur	Allium Cepa = onion. Safe, but insufficient evidence of any benefit towards cold symptoms Hepar Sulph Calc = no reliable information Hydrastis = goldenseal= insufficient evidence for cough/cold symptoms and increased risk of kernicterus in newborns Pulsatilla = the fresh plant is a severe, local irritant. Insufficient evidence for dried form
Hyland's 4Kids Cold N' Cough NIGHTTIME	As above but additionally contains: Chamomilla Coffea Cruda <b>Nux Vomica</b>	Chamomilla = German Chamomile = may offer some benefit towards colicky symptoms/irritability with no harm Coffea Cruda = coffee. Why would you put this in a "nighttime" product? Nux Vomica contains strychnine
Hyland's Baby Tiny Cold Tablets	<b>Eupatorium perfoliatum</b> Euphrasia officinalis <b>Gelsemium sempervirens</b> Kali iodatum	Eupatorium perfoliatum = possibly unsafe, large doses cause catharsis/emetesis, insufficient evidence for use, may only be as effective as aspirin for common cold symptoms Gelsemium sempervirens = Unsafe in children and adults – all parts of the plant contain toxic alkaloids No reliable information on euphrasia or kali iodatum
Hyland's Baby Nighttime Tiny Cold Syrup	<b>Chamomilla</b> Eupatorium perfoliatum Euphrasia officinalis <b>Gelsemium sempervirens</b> Kali iodatum	Chamomilla = German Chamomile = may offer some benefit towards colicky symptoms/irritability with no harm Eupatorium perfoliatum = possibly unsafe, large doses cause catharsis/emetesis, insufficient evidence for use, may only be as effective as aspirin for common cold symptoms Gelsemium sempervirens = Unsafe in children and adults – all parts of the plant contain toxic alkaloids No reliable information on euphrasia or kali iodatum
<b>Maty's All Natural Cough Syrup</b>	Buckwheat honey Honey blend Apple cider vinegar Sea salt Lemon peel Cinnamon Lemon balm extract Cayenne pepper Clove Marjoram	Safe for use, may offer benefit for sore throat, 1+ for age indication. See below, cut and paste from Natural Medicines Database:  Clinical research shows that taking honey 2.5-10 mL (0.5-2 teaspoons) at bedtime can significantly reduce nighttime cough frequency and severity, and improve sleep compared to placebo in children ages 2 years and older with upper respiratory infections (15910,55244,55253). Honey also appears to be at least as effective or more effective than the cough suppressant dextromethorphan in typical over-the-counter doses and the antihistamine diphenhydramine (15910,17299).
Similasan Kids Cold & Mucus Relief	Antimonium sulphuratum aureum Kali iodatum Senega officinalis	I have no reliable information on any of these ingredients.
Children's Cough & Chest Congestion Chestal Honey	Antimonium tartaricum <b>Bryonia</b> Coccus cacti Drosera Ipecacuanha Pulsatilla Rumex crispus Spongia tosta Sticta pulmonaria	Bryonia is likely unsafe when used orally in root or berry format. 15 berries of this plant is fatal to a child Drosera = Sundew = possibly safe, may offer benefit for coughing fits, dry cough Ipecacuanha = think "ipecac" Pulsatilla = the fresh plant is a severe, local irritant. Insufficient evidence for dried form Rumex crispus = yellow dock= possibly safe but insufficient evidence for effectiveness against acute and chronic nasal passageway inflammation. Of note, people allergic to ragweed can experience same reaction to this agent.

Products in **BOLD** = unlikely to cause harm and may offer benefit  
 Ingredients in **RED** = dangerous, avoid use of this product

## Ingredient Listing and Brief Description of Natural Products Marketed for Children

		I have no reliable information on antimonium tartaricum, coccus ctcti, spongia tosta, or sticta pulmonaria
<b>Zicam Cold Remedy Kids (soft chews)</b>	Zincum aceticum Zincum gluconium	Likely safe when given orally. Some evidence of shortening duration of colds even in pediatric population.
<b>Zarbee's Naturals Children's Cough Syrup with Dark Honey</b>	Honey Vitamin C Zinc Grapefruit seed extract	Safe for use. Grapefruit seed = grapefruit = generally recognized as safe status but insufficient evidence for benefit. Likely benefit of this product is from the honey. 12 months +. See benefits of honey at Maty's All Natural Cough Syrup.
<b>Zarbee's Naturals Children's Cough Syrup + Mucus with Dark Honey</b>	Honey Vitamin C Zinc English Ivy Leaf Grapefruit seed extract	See above. English Ivy leaf is possibly safe in children but there is insufficient evidence that it reduces cough.
<b>Zarbee's Naturals Children's Cough Syrup + Mucus Nighttime</b>	Honey Vitamin C Zinc English Ivy Leaf Grapefruit seed extract Melatonin (0.5 mg/5mL)	See above. Very short term use is likely safe and effective for irritated throat (honey), potential to decrease duration of symptoms (zinc), and delayed sleep phase/sleep-wake cycle disturbances (melatonin). Excessive use of melatonin products in people under the age of 20 could inversely affect gonadal development.
<b>Zarbee's Naturals Children's Cough Syrup Nighttime</b>	Honey Vitamin C Zinc Melatonin (0.5 mg/5mL)	See above.
Zarbee's Naturals Baby Cough Syrup	Agave nector	For infants 2 months+ Possibly unsafe, no evidence for benefit towards cough
Zarbee's Naturals Baby Cough Syrup + Mucus	Agave syrup English Ivy Leaf	For infants 2 months + Possibly unsafe, no evidence of benefit towards cough English Ivy leaf is possibly safe in children but there is insufficient evidence that it reduces cough.
<b>SLEEP AID</b>		
Zarbee's Naturals Children's Sleep	Melatonin 1 mg/chew tab	Marketed for children 3+ as promoting peaceful sleep. This product is best avoided so that parents do not become dependent upon it as a sleep aid. Very short term use of melatonin is likely safe and effective for delayed sleep phase/sleep-wake cycle disturbances. Excessive use of melatonin products in people under the age of 20 could inversely affect gonadal development.
<b>IMMUNE BOOSTERS and ALLERGY TREATMENT</b>		
<b>Zarbee's Naturals Children's Elderberry Immune Support</b>	Contains vitamins A, C, D, E, Zinc, and 45mg of elderberry	Elderberry = possibly safe and some evidence for effectiveness for reducing influenza symptoms, but not for prevention of colds
Zarbee's Naturals Children's Echinacea Immune Support	Contains vitamins A,C,D,E,Zinc, Selenium and: Echinacea purpurea 25mg	Echinacea = possibly safe and some conflicting evidence for effectiveness in reducing cold symptoms and preventing cold symptoms but doses studied were typically much higher than 25mg
<b>Airborne Kids Blast of Vitamin C</b>	Contains vitamins A,C (667mg per dose!),E,magnesium, Zinc, Selenium, Manganese and proprietary herbal blend: Maltodextrin Lonicera japonica Forsythia suspense Schizonepeta tenuifolia Ginger Vitex trifolia Isatis tinctoria Echinacea purpurea L-lysine L-glutamine	Maltodextrin = no reliable information on this ingredient Lonicera japonica = likely safe in children (has been given in IV format for up to 7 days). In this study, the formulation contained two other herbal products and there was a decrease in bronchiolitis symptoms in RSV patients, but no information on this ingredient as a sole agent Forsythia suspense = likely safe in children (see above), this was another ingredient in the IV formulation Schizonepeta tenuifolia = likely safe, but studied for atopic dermatitis Ginger = likely safe, but insufficient evidence for benefit as immune booster Vitex trifolia = likely safe, but insufficient evidence for benefits as immune booster Isatis tinctoria = possibly safe, but studied for psoriasis not immune boosting Echinacea = possibly safe and some conflicting evidence for effectiveness in reducing cold symptoms and preventing cold symptoms but doses studied were typically much higher than 25mg L-lysine = benefit of this is typically associated with reduction in cold sores L-glutamine = benefits of this are typically associated with burns, critical trauma, oral mucositis, HIV wasting
<b>Sambucol Black Elderberry For Kids</b>	Elderberry extract Vitamin C	Elderberry = possibly safe and some evidence for effectiveness for reducing influenza symptoms, but not for prevention of colds
Hyland's 4Kids Complete Allergy	<b>Aconitum Napellus</b> Allium Cepa Euphrasia	Aconitum Napellus = Aconite = the root of which contains toxic alkaloids that are strong, fast-acting poisons that affect the heart and central nervous system. In Hong Kong aconite is the most common cause of severe herbal

Products in **BOLD** = unlikely to cause harm and may offer benefit

Ingredients in **RED** = dangerous, avoid use of this product

## Ingredient Listing and Brief Description of Natural Products Marketed for Children

	Galphimia Glauca Histaminum Hydrochloricum Luffa Operculata Natrum Muriaticum <b>Nux Vomica</b> Pulsatilla Sabadilla	poisoning. Allium Cepa = onion. Safe, but insufficient evidence of any benefit towards allergy symptoms Euphrasia = possibly safe, but insufficient evidence of benefit towards allergy symptoms Galphimia glauca = likely safe, but insufficient evidence of benefit towards hayfever symptoms at homeopathic doses Nux Vomica contains strychnine Pulsatilla = the fresh plant is a severe, local irritant. Insufficient evidence for dried form No reliable information on histaminumh hydrochloricum, luffa operculata, natrum muriaticum, sabadilla
Similasan Kids Allergy Eye Relief	Eye drops that contain: <b>Apis</b> Euphrasia Pulsatilla Sabadilla	Apis = bee venom = be aware of pts with bee sting allergy, no benefit given orally documented. Euphrasia = possibly safe, but insufficient evidence of benefit towards allergy symptoms Pulsatilla = the fresh plant is a severe, local irritant. Insufficient evidence for dried form No reliable information on sabadilla
<b>EAR</b>		
Similasan Kids Ear Relief	Chamomilla Mercurius solubilis Pusatilla Sulphur	Chamomilla = German Chamomile = no evidence for benefit towards common/cold or ear symptoms Pulsatilla = the fresh plant is a severe, local irritant. Insufficient evidence for dried form Sulphur – possibly safe but no evidence of benefit for topical application No reliable information on mercurius solubilis
Hyland's Earache Drops	<b>Belladonna</b> Calcarea Carbonica Chamomilla <b>Lycopodium</b> Pulsatilla Sulphur	Belladonna = unsafe, contains toxic alkaloids Calcarea Carbonica = calcium carbonate Chamomilla = German Chamomile = no evidence for benefit towards common/cold or ear symptoms Lycopodium = unsafe, contains toxic alkaloids Pulsatilla = the fresh plant is a severe, local irritant. Insufficient evidence for dried form Sulphur – possibly safe but no evidence of benefit for topical application
<b>TEETHING</b>		
Hyland's Teething Tablets or gel	Calcarea Phosphorica Chamomilla Coffea Cruda <b>Belladonna</b>	Calcarea phosphorica = calcium phosphate Chamomilla = German Chamomile = no evidence for benefit towards teething symptoms Coffea cruda = coffee. Likely unsafe in children and no evidence of benefit. Belladonna = unsafe, contains toxic alkaloids
<b>Maty's All Natural Baby Chest Rub</b>	Sunflower oil Castor oil Coconut oil Sunflower wax Vitamin E Essential oils of chamomile, lavender, dill weed, patchouli, eucalyptus, coriander	Ingredients are all likely safe (topically). The eucalyptus component may offer some benefit for bronchiolitis symptoms.
Orajel Baby Naturals	Calcarea phosphorica Chamomilla Coffea cruda Passiflora incarnata	Calcarea phosphorica = calcium phosphate Chamomilla = German Chamomile = no evidence for benefit towards teething symptoms Coffea cruda = coffee. Likely unsafe in children and no evidence of benefit. Passiflora incarnata = Likely safe but no evidence of benefit for pain reduction
<b>COLIC</b>		
Hyland's Baby Calming Tablets	Chamomilla Coffea cruda <b>Ignatia amara</b> <b>Lycopodium</b> Natrum muriaticum Platinum metallicum Pulsatilla Stramonium Sulphur	For 6 month + Chamomilla = German Chamomile = no evidence for benefit towards teething symptoms Coffea cruda = coffee. Likely unsafe in children and no evidence of benefit. Ignatia amara = unsafe, contains strychnine Lycopodium = unsafe, contains toxic alkaloids Pulsatilla = the fresh plant is a severe, local irritant. Insufficient evidence for dried form Natrum muriaticum, platinum metallicum = no reliable information
Little Remedies Gripe Water	Ginger root extract 5mg Fennel seed extract 4mg	For 2 weeks + Ginger root = likely safe, insufficient evidence for benefit, may encourage gastric emptying

Products in **BOLD** = unlikely to cause harm and may offer benefit  
Ingredients in **RED** = dangerous, avoid use of this product

## Ingredient Listing and Brief Description of Natural Products Marketed for Children

		Fennel seed = possibly unsafe, there are 2 case reports of neurotoxicity in infants whose mothers were breastfeeding and drinking fennel infused tea. Some evidence of effectiveness in reducing colic symptoms
Mommy Bliss	Ginger root extract 5mg Fennel seed extract 5mg	For 2 weeks + Ginger root = likely safe, insufficient evidence for benefit, may encourage gastric emptying Fennel seed = possibly unsafe, there are 2 case reports of neurotoxicity in infants whose mothers were breastfeeding and drinking fennel infused tea. Some evidence of effectiveness in reducing colic symptoms
<b>CVS Infants Powder Sticks Probiotic</b>	250 million CFU of a mix of: Bifidobacterium infantis Bifidobacterium brevi Bifidobacterium longum Lactobacillus acidophilus Lactobacillus rhamnosus	Bifidobacterium = likely safe and possibly effective for constipation Lactobacillus = likely safe and possibly effective for diarrhea associated with rotavirus.
Little Remedies Advanced Colic Relief Drops  <i>If parents insist on a natural colic product this one has the ingredient mix with the most evidence.</i>	Fennel seed extract Chamomile flower heads extract Lemon balm leaf extract	For 6 lbs + From Natural Medicines Comprehensive Database: "A clinical trial shows that breast-fed infants with colic who are given a specific multi-ingredient product containing fennel 164 mg, lemon balm 97 mg, and German chamomile 178 mg (ColiMil, Milte Italia SPA) twice daily for a week have reduced crying times compared to placebo" Fennel seed = possibly unsafe, there are 2 case reports of neurotoxicity in infants whose mothers were breastfeeding and drinking fennel infused tea. Some evidence of effectiveness in reducing colic symptoms Chamomile flower extract = possibly safe and possibly effective for colic Lemon Balm leaf extract = possibly safe and possibly effective for reducing crying times in colicky children
<b>CVS Baby Constipation Prune Concentrate with Prebiotics</b>	Prune juice concentrate Galactooligosaccharides from milk	For 6 months + Prune juice = likely safe and possibly effective Galactooligosaccharides = possibly safe but insufficient evidence for reducing constipation symptoms
Colic Calm	Aloe socotrina Carbo vegetabilis Carum carvi Chamomilla Foeniculum vulgare Melissa officinalis Mentha peperita <b>Prunus spinosa</b> Zingiber officinale	Aloe socotrina = possibly safe and possibly effective for constipation Carbo vegetabilis = activated charcoal = likely safe but insufficient evidence for gas reduction Carum carvi = caraway seed = likely safe and possibly effective for dyspepsia Chamomilla = possibly safe and possibly effective for colic, but studied in combination with fennel and lemon balm. Foeniculum vulgare = fennel = possibly unsafe, there are 2 case reports of neurotoxicity in infants whose mothers were breastfeeding and drinking fennel infused tea. Some evidence of effectiveness in reducing colic symptoms Melissa officinalis = lemon balm = possibly safe and possibly effective for reducing crying times in colicky children Mentha peperita = likely safe and possibly effective for dyspepsia Prunus spinosa = possibly unsafe, contains cyanogenic glycosides Zingiber officinale = ginger = likely safe, insufficient evidence for benefit, may encourage gastric emptying
<b>Gerber Soothe Colic Drops Probiotic supplement</b>	100 million CFU of Lactobacillus reuteri protectis	Lactobacillus = likely safe and possibly effective for diarrhea associated with rotavirus.
<b>Mommy's Bliss Probiotic Drops</b>	100 million CFU of Lactobacillus rhamnosus	Lactobacillus = likely safe and possibly effective for diarrhea associated with rotavirus.
Hyland's Baby Gas Drops	Argentum nitricum <b>Asafoetida</b> Carbo vegetabilis Chamomilla Cinchona officinalis <b>Colocynthis</b> <b>Lycopodium</b> Nux moschata Sepia	Asafoetida = likely unsafe in children due to risk of methemoglobinemia Carbo vegetabilis = activated charcoal = likely safe but insufficient evidence for gas reduction Chamomilla = possibly safe and possibly effective for colic, but studied in combination with fennel and lemon balm. Cinchona officinalis – no evidence of effectiveness. This product contains quinine and quinidine alkaloids. Colocynthis = unsafe when used orally, banned by FDA in 1991 Lycopodium = unsafe, contains toxic alkaloids Nux moschata = likely safe but insufficient evidence for gas symptoms No reliable information on argentum nitricum or sepia

Products in **BOLD** = unlikely to cause harm and may offer benefit  
Ingredients in **RED** = dangerous, avoid use of this product