

**365 EVERYDAY VALUE BE WELL COUGH EASE- antimony potassium tartrate, bryonia alba root, protortonia cacti, drosera rotundifolia, ipecac, pulsatilla vulgaris, rumex crispus root, pongia officinalis skeleton, roasted, lobaria pulmonaria syrup  
WFM Private Label, LP**

*Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.*

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**365 Everyday Value Cough Ease**

Antimonium tartaricum 6C (12.4 mg) \*\* (contains less than  $10^{-11}$  mg antimony)

Bryonia alba 3C (12.4 mg)\*\*

Coccus cacti 3C (12.4 mg)\*\*

Drosera rotundifolia 3C (12.4 mg)\*\*

Ipecacuanha 3C (12.4 mg)\*\* (contains less than  $10^{-6}$  mg emetine alkaloids)

Pulsatilla 6C (12.4 mg)\*\*

Rumex crispus 6C (12.4 mg)\*\* (contains less than  $10^{-13}$  mg anthraquinone glycosides)

Spongia tosta 3C (12.4 mg)\*\*

Sticta pulmonaria 3C (12.4 mg)\*\*

(in each mL)

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Antimonium tartaricum ... 6C Helps loosen thick mucus\*

Bryonia alba 3C ... Relieves dry and painful cough\*

Coccus cacti 3C ... Relieves cough associated with a tickling in the throat\*

Drosera rotundifolia 3C ... Relieves barking cough worse at night\*

Ipecacuanha 3C ... Relieves cough associated with nausea\*

Pulsatilla 6C ... Relieves wet cough during the day becoming worse at night\*

Rumex crispus 6C ... Relieves dry cough triggered by cold air\*

Spongia tosta 3C ... Relieves dry, croupy and barking cough\*

Sticta pulmonaria 3C ... Relieves nighttime hacking cough\*

### **USES\***

- temporary relieves cough due to minor throat and bronchial irritation as may occur with a cold
- helps relieve chest congestion due to common colds by loosening phlegm (mucus) and thinning bronchial secretions to make coughs more productive

**Do not use** if you are allergic to any of this product's ingredients.

### **Ask a doctor before use if you have**

Cough that last or is chronic such as occurs with smoking, asthma, chronic bronchitis, or emphysema

Cough that occurs with too much phlegm (mucus)

**Stop use and ask a doctor** if cough lasts for more than 7 days, comes back, or is accompanied by fever, rash, or a persistent headache as these could be a signs of a serious condition.

**If pregnant or breast-feeding**, ask a health professional before use.

**Keep out of reach of children.** In case of accidental overdose, get medical help or contact a Poison Control Center right away.

### **Directions**

Adults and Children 12 Years and Over 10 mL † every 2 hours, up to 8 times per day

Children 2 to 11 Years 5 mL † every 2 hours, up to 5 times per day

Children under 2 Years Not Recommended

† Use only with dosing cup provided.

Do not use dosing cup with other products.

do not store above 77° F (25° C)

contains 4 g of sugar per 5 mL teaspoon

dispose of 1 year after opening

do not use if glued carton end flaps are open or if the seal at base of cap is broken or missing

Multi-Symptom Relief

Relieves Dry Cough & Chest Congestion\*

No Drowsiness

Made with Honey

Homeopathic Medicine

6.7 FL OZ (200 mL)

Less than 0.01% Alcohol

\*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

\*\*6C and 3C are homeopathic dilutions. See [www.theAAHP.org](http://www.theAAHP.org) for more information.

alcohol, citric acid, honey, purified water, sodium benzoate, sucrose

Questions, Comments

1-844-WFM-TALK (1-844-936-8255)

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Made in France

**Principle Display Panel**

## Drug Facts

**Active ingredients** Antimonium tartaricum 6C HPUS, Bryonia 3C HPUS, Coccus cacti 3C HPUS, Drosera 3C HPUS, Ipecacuanha 3C HPUS, Pulsatilla 6C HPUS, Rumex crispus 6C HPUS, Spongia tosta 3C HPUS, Sticta pulmonaria 3C HPUS

**Uses** ■ temporarily relieves cough due to minor throat and bronchial irritation as may occur with a cold ■ helps relieve chest congestion due to common colds by loosening phlegm (mucus) and thinning bronchial secretions to make coughs more productive.

### Warnings

**Do not use** if you are allergic to any of this product's ingredients. **Ask a doctor before use if you have** ■ cough that lasts or is chronic such as occurs with smoking, asthma, chronic bronchitis, or emphysema ■ cough that occurs with too much phlegm (mucus). **Stop use and ask a doctor if** cough lasts for more than 7 days, comes back or is accompanied by fever, rash or a persistent headache as these could be signs of a serious condition. **If pregnant or breastfeeding,** ask a health professional before use.

ETL16913

# 365

WHOLE FOODS  
MARKET

# Cough Ease

## DIRECTIONS

Adults & Children 12 Years & Over	10 mL every 2 hours, up to 8 times per day
Children 2 to 11 Years	5 mL every 2 hours, up to 5 times per day
Children Under 2 Years	Not Recommended

## HOMEOPATHIC MEDICINE

6.7 FL OZ (200 mL)

Less than  
0.01% Alcohol

MADE IN FRANCE

NDC 42681-9032-2

**Keep out of reach of children.** In case of accidental overdose, get medical help or contact a Poison Control Center right away.

### Other information

- do not store above 77°F (25°C)
- contains 4 g of sugar per 5 mL teaspoon
- dispose of 1 year after opening
- do not use if glued carton end flaps are open or if the seal at base of cap is broken or missing.

**Inactive ingredients** alcohol, citric acid, honey, purified water, sodium benzoate, sucrose

### Questions or comments?

1-844-WFM-TALK (1-844-936-8255)

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LOT

EXP

## Drug Facts

**Active Ingredients**\*\* (in each mL) **Purpose**  
Aconitum tartaricum 6C HPUS (12.4 mg) **Helps** loosen phlegm (less than 15% mg anhydrous) **thick mucus**  
Bryonia 3C HPUS (12.4 mg) **Relieves** dry and painful cough  
Cocculus iacti 3C HPUS (12.4 mg) **Relieves** cough associated with a tickle in the throat  
Drosera 3C HPUS (12.4 mg) **Relieves** barking cough worse at night  
Ipecacuanha 3C HPUS (12.4 mg) **Relieves** cough associated with nausea  
Pulsatilla 6C HPUS (12.4 mg) **Relieves** wet cough during the day becoming dry at night  
Rumex crispus 6C HPUS (12.4 mg) **Relieves** dry cough triggered (partially less than 15% mg anhydrous) **by cold air**  
Spongiosa 3C HPUS (12.4 mg) **Relieves** dry, raspy, and barking cough  
Silex palustris 3C HPUS (12.4 mg) **Relieves** nighttime hacking cough

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

### Uses\*

- temporarily **relieves** cough due to minor throat and bronchial irritation as may occur with a cold
- helps** relieve chest congestion due to common colds by loosening phlegm from the chest and thinning bronchial secretions to make coughs more productive

### Warnings

Do not use if you are allergic to any of this product's ingredients.

Ask a doctor before use if you have:

- cough that lasts or is chronic such as occurs with smoking, asthma, chronic bronchitis, or emphysema
- cough that occurs with too much phlegm (sputum)

Stop use and ask a doctor if cough lasts for more than 7 days, comes back, or is accompanied by fever, rash, or persistent headache as these could be signs of a serious condition.

If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of accident or overdose, get medical help or contact a Poison Control Center right away.

## Drug Facts (continued)

### Directions

Age	Dose
Adults and Children 12 Years and Over	10 mL* every 2 hours, up to 8 times per day
Children 2 to 11 Years	5 mL* every 2 hours, up to 5 times per day
Children under 2 Years	Not Recommended

\*Use only with dosing cup provided.  
Do not use dosing cup with other products.

### Other information

- do not store above 77°F (25°C)
- contains 4 g of sugar per 5 mL teaspoon
- dispose of 1 year after opening
- do not use if cap and certain end caps are open or if the metal base of cap is broken or missing

**Inactive ingredients** **and** citric acid, honey, purified water, sodium benzoate, sucrose

**Questions or comments?**  
1-844-NFM-TALK (1-844-686-4252)

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365  
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NDC 42691-9029-2

# Cough Ease

Multi-Symptom Relief

Relieves Dry Cough & Chest Congestion\*

No Drowsiness

Made with Honey

HOMEOPATHIC MEDICINE

6.7 FL OZ (200 mL) Less than 0.01% Alcohol

Cough Ease is an established formula combining 9 traditional homeopathic medicines that are used to relieve several types of coughs and to soothe the throat.

This multi-symptom formula helps settle nagging dry cough and relieves chest congestion as may occur with a cold. Cough Ease provides reliable relief without drowsiness.

PLEASE RECYCLE



Package images





BEWELL

# Cough Ease

NATURAL RELIEF OF  
COUGH & CHEST  
CONGESTION

- Multi Cough Formula relieves Dry Cough and Chest Congestion
- No Drowsiness
- Honey Base



HOMEOPATHIC MEDICINE

4.2 FL OZ (125 mL)  
0.001% Alcohol

## Drug Facts

Active ingredients	Purpose
Antimonium tartaricum..... 6C HPUS	Helps loosen thick mucus
Bryonia alba..... 3C HPUS	Relieves dry and painful cough
Coccus cacti..... 3C HPUS	Relieves cough associated with a tickling in the throat
Drosera rotundifolia..... 3C HPUS	Relieves barking cough worse at night
Ipecacuanha..... 3C HPUS	Relieves cough associated with nausea
Pulsatilla..... 6C HPUS	Relieves wet cough during the day becoming dry at night
Rumex crispus..... 6C HPUS	Relieves dry cough triggered by cold air
Spongia tosta..... 3C HPUS	Relieves dry, croupy and barking cough
Sticta pulmonaria..... 3C HPUS	Relieves nighttime hacking cough

The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.

### Uses

- temporarily relieves cough due to minor throat and bronchial irritation as may occur with a cold
- helps loosen phlegm (mucus) and thin bronchial secretions to make coughs more productive

### Warnings

Ask a doctor before use if you have

- cough that occurs with too much phlegm (mucus)

## Drug Facts (continued)

- cough that lasts or is chronic such as occurs with smoking, asthma or chronic bronchitis or emphysema

**Stop use and ask a doctor** if cough lasts for more than 7 days, comes back, or is accompanied by fever, rash, or a persistent headache. These could be signs of a serious condition.

**If pregnant or breast-feeding**, ask a health professional before use.

**Keep out of reach of children.**

### Directions

Age	Dose
adults and children 12 years and over	2 teaspoons every 2 hours
children 2 to 12 years	1 teaspoon every 2 hours
children under 2 years	not recommended

### Other information

- store at 68-77°F (20-25°C)
- contains 4.2 g of sugar per 5 mL teaspoon
- contains 0.001% alcohol
- Do not use if seal at base of cap is broken or missing.

**Inactive ingredients:** citric acid, honey, purified water, sodium benzoate, sucrose

### Questions, Comments?

[privatelabel.customerservice@wholefoods.com](mailto:privatelabel.customerservice@wholefoods.com)

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**Made in France**

**Drug Facts**

Active ingredients*	Purpose†
Antimonium tartaricum..... 6C HPUS	Helps loosen thick mucus
Bryonia..... 3C HPUS	Relieves dry and painful cough
Coccus cacti..... 3C HPUS	Relieves cough associated with a tickling in the throat
Drosera..... 3C HPUS	Relieves barking cough worse at night
Ipecacuanha..... 3C HPUS	Relieves cough associated with nausea
Pulsatilla..... 6C HPUS	Relieves wet cough during the day becoming dry at night
Rumex crispus..... 6C HPUS	Relieves dry cough triggered by cold air
Spongia tosta..... 3C HPUS	Relieves dry, croupy and barking cough
Sticta pulmonaria..... 3C HPUS	Relieves nighttime hacking cough

*The letters HPUS indicate that these ingredients are officially included in the Homeopathic Pharmacopoeia of the United States.*

**Uses†**

- temporarily relieves cough due to minor throat and bronchial irritation as may occur with a cold
- helps loosen phlegm (mucus) and thin bronchial secretions to make coughs more productive

**Warnings**

Ask a doctor before use if you have:

- cough that occurs with too much phlegm (mucus)
- cough that lasts or is chronic such as occurs with smoking, asthma or chronic bronchitis or emphysema.

**Drug Facts** (continued)

**Stop use and ask a doctor if** cough lasts for more than 7 days, comes back, or is accompanied by fever, rash, or a persistent headache as these could be signs of a serious condition.

**If pregnant or breast-feeding,** ask a health professional before use.

**Keep out of reach of children.**

**Directions**

Age	Dose
adults and children 12 years and over	2 teaspoons every 2 hours
children 2 to 12 years	1 teaspoon every 2 hours
children under 2 years	not recommended

**Other information**

- do not store above 77°F (25°C)
- contains 4.2g of sugar per 5mL teaspoon
- contains 0.01% alcohol
- do not use if glued carton end flaps are open or if seal at base of cap is broken or missing.

**Inactive ingredients** citric acid, honey, purified water, sodium benzoate, sucrose

**Questions, Comments?**  
customer.questions@wholefoods.com

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†These uses have not been evaluated by the Food and Drug Administration.  
\*6C and 3C are homeopathic dilutions.  
See [www.AAHP.info](http://www.AAHP.info) for more information.

NDC 42681-9032-2

# Cough Ease

**MULTI COUGH FORMULA\***

- ✓ RELIEVES DRY COUGH & CHEST CONGESTION\*
- ✓ NO DROWSINESS
- ✓ HONEY BASE

HOMEOPATHIC MEDICINE

6.7 FL OZ (200mL)  
0.01% Alcohol

## 365 EVERYDAY VALUE BE WELL COUGH EASE

antimony potassium tartrate, bryonia alba root, protortonia cacti, drosera rotundifolia, ipecac, pulsatilla vulgaris, rumex crispus root, pongia officinalis skeleton, roasted, lobaria pulmonaria syrup

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:42681-9032
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>BRYONIA ALBA ROOT</b> (UNII: T7J046Y12B) (BRYONIA ALBA ROOT - UNII:T7J046Y12B)	BRYONIA ALBA ROOT	3 [hp_C] in 1 mL
<b>PROTORTONIA CACTI</b> (UNII: LZB7TFX1LT) (PROTORTONIA CACTI - UNII:LZB7TFX1LT)	PROTORTONIA CACTI	3 [hp_C] in 1 mL
<b>DROSERA ROTUNDIFOLIA</b> (UNII: QR44N9XPJQ) (DROSERA ROTUNDIFOLIA - UNII:QR44N9XPJQ)	DROSERA ROTUNDIFOLIA	3 [hp_C] in 1 mL
<b>IPECAC</b> (UNII: 62I3C8233L) (IPECAC - UNII:62I3C8233L)	IPECAC	3 [hp_C] in 1 mL

<b>PULSATILLA VULGARIS</b> (UNII: I76KB35JEV) (PULSATILLA VULGARIS - UNII:I76KB35JEV)	PULSATILLA VULGARIS	6 [hp_C] in 1 mL
<b>RUMEX CRISPUS ROOT</b> (UNII: 9N1RM2S62C) (RUMEX CRISPUS ROOT - UNII:9N1RM2S62C)	RUMEX CRISPUS ROOT	6 [hp_C] in 1 mL
<b>SPONGIA OFFICINALIS SKELETON, ROASTED</b> (UNII: 1PIP394IID) (SPONGIA OFFICINALIS SKELETON, ROASTED - UNII:1PIP394IID)	SPONGIA OFFICINALIS SKELETON, ROASTED	3 [hp_C] in 1 mL
<b>LOBARIA PULMONARIA</b> (UNII: D1YM0P5Z2T) (LOBARIA PULMONARIA - UNII:D1YM0P5Z2T)	LOBARIA PULMONARIA	3 [hp_C] in 1 mL
<b>ANTIMONY POTASSIUM TARTRATE</b> (UNII: DL6OZ476V3) (ANTIMONY CATION (3+) - UNII:069647RPT5)	ANTIMONY POTASSIUM TARTRATE	6 [hp_C] in 1 mL

### Inactive Ingredients

Ingredient Name	Strength
<b>ALCOHOL</b> (UNII: 3K9958V90M)	
<b>HONEY</b> (UNII: Y9H1V576FH)	
<b>SUCROSE</b> (UNII: C151H8M554)	
<b>WATER</b> (UNII: 059QF0KO0R)	
<b>CITRIC ACID MONOHYDRATE</b> (UNII: 2968PHW8QP)	
<b>SODIUM BENZOATE</b> (UNII: OJ245FE5EU)	

### Product Characteristics

<b>Color</b>		<b>Score</b>	
<b>Shape</b>		<b>Size</b>	
<b>Flavor</b>	HONEY (Honey)	<b>Imprint Code</b>	
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:42681-9032-1	125 mL in 1 BOTTLE; Type 0: Not a Combination Product	01/03/2011	08/30/2018
2	NDC:42681-9032-2	200 mL in 1 BOTTLE; Type 0: Not a Combination Product	01/03/2011	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		01/03/2011	

**Labeler** - WFM Private Label, LP (196175616)