

HEVERT® SINUS RELIEF

Dear Customer,

With Hevert Sinus Relief you have chosen a safe and effective homeopathic medicine. Its active ingredients are generally well tolerated and provide relief of symptoms of nasal and sinus congestion. This medicine is suitable for adults and children aged 6 years and older.

How nasal and sinus congestion develops



The primary function of the mucous membranes in the respiratory tract is to protect the body from foreign particles and pathogens that have been inhaled. The body rids itself of viruses and bacteria by sneezing and coughing. Furthermore, substances produced by the nasal mucosa ward off "invaders".

Stress and exhaustion during the wet and cold times of the year encourage viruses and bacteria to accumulate on the mucous membranes of the respiratory tract. In many cases, viruses cause an inflammatory reaction in the nasal mucosa, associated with a swelling of the mucous membranes which reduces mucous drainage. Symptoms include an inflamed, congested nose and painful pressure in the head.

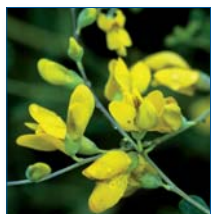
How Hevert Sinus Relief helps you

- Hevert Sinus Relief has a **decongestant** and **regenerative** effect on the nasal mucosa, resulting in the discharge of stubborn mucus.
- **Accompanying symptoms** such as sinus pressure, sneezing and runny nose **are relieved**.
- Hevert Sinus Relief is **suitable for children aged 6 years and over and for people with sensitive stomachs**. It works without stressing the body with high doses of chemical substances.
- Hevert Sinus Relief **may be used concurrently with other prescribed treatments** as there are no known drug-drug interactions with this homeopathic medicine and conventional medicines.

The active ingredients in Hevert Sinus Relief



Echinacea



Baptisia tinctoria

Apis mellifica 4X
Baptisia tinctoria 4X
Echinacea 2X
Hepar sulphuris calcareum 4X
Kali bichromicum 8X
Lachesis mutus 8X
Luffa operculata 6X
Mercurius iodatus ruber 9X
Mercurius sulphuratus ruber 6X
Silicea 2X
Spongia tosta 6X

"X" indicates a homeopathic dilution.

For more information visit:

www.hevertusa.com

What else you can do for your health

Hevert Sinus Relief is an effective and generally well tolerated medicine for the treatment of symptoms of nasal and sinus congestion. By using it regularly you will have taken an important step forward for your health. The following measures may also help you:

Sleep for your health. Resting your body helps your immune system effectively fight invading pathogens.

Drink 2–3 liters (8–13 cups) of warm herbal tea throughout the day to hydrate the mucosa. Make sure you are in rooms with good air flow and sufficient humidity, which can be provided by setting out bowls with water and several drops of mint or eucalyptus oil or some orange or lemon peels.



Gargling with sage tea, chamomile tea or saline solution (1 heaping teaspoon table salt in 500 ml (2 cups) tepid, previously boiled drinking water) soothes the throat.

Nasal irrigation with this saline solution accelerates the recovery process and helps flush invading microorganisms from the area.

The Hevert Team wishes you good health!

You can find more information related to Hevert Sinus Relief on the internet at

www.hevertusa.com

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Made in Germany

Para información en español, visite www.hevertusa.com

Hevert Sinus Relief – Gently clears your stuffy nose and sinuses!



US 547/1505



For each package sold Hevert donates a percentage to the Schools Project "School Bricks for GANDO" in Burkina Faso, West Africa · www.fuergando.de



Hevert gets 100% of its electricity from renewable energy sources

HEVERT®

Naturally effective, effective by nature

Dear Customer,

Thank you for choosing Hevert. In this insert you will find information on homeopathy and our company.

Healthy with homeopathy



Samuel Hahnemann
(1755-1843)

Homeopathy is a natural treatment approach that was developed by German doctor Samuel Hahnemann in the early nineteenth century.

The word homeopathy comes from the Greek words for "like" and "suffering". Homeopathy treats illness with remedies that cause "like suffering" in a healthy person. The remedies basically mimic the actual illness, naturally a milder form of it. This activates the body, mobilizes the immune system and gets the healing process going.

If you understand this concept, you already understand the basic principle of homeopathy "Similia similibus curentur" or "Let like be cured by like", as Samuel Hahnemann put it. Homeopathy can be thought of as a type of stimulation therapy. Foreign stimuli function as signals in the body and blocked and weakened physical functions are mobilized.

Another basic principle of homeopathy is the use of "potentized" substances. Potentization is defined as dilution with simultaneous "dynamization" (by succussion or trituration). The remedies are prepared from "mother tinctures" of herbal, mineral and animal origin and are diluted with substances such as alcohol, distilled water, glycerin or lactose. Hahnemann discovered that, for many substances, their healing powers were only released through potentization and that toxic substances were potentized into valuable medicines.

Homeopathy actively helps the body to help itself since it activates the body's self-healing power. More and more people are choosing this type of treatment as their path to health. Homeopathy is a natural holistic treatment that is generally well tolerated and has no addictive effects.

Combination remedies and naturopath Emanuel Felke

One downside of classical homeopathy as it was developed by Hahnemann is the time-consuming process of choosing single homeopathic remedies that are tailored to the patient. In addition, multiple remedies need to be taken for the different symptoms of an illness, for example the flu.



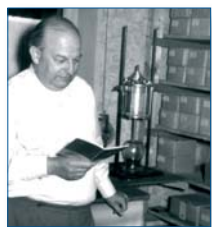
Naturopath Emanuel Felke
(1856-1926)

The renowned German naturopath Emanuel Felke, who is also referred to as the father of combination remedy homeopathy, made Hahnemann's homeopathy accessible to everyone. Felke combined different single homeopathic remedies with a history of success for a certain illness in one preparation. To develop

these combinations, Felke studied the writings of Hahnemann and other naturopaths. Also, his vast experience with patients was instrumental for the efficacy of the remedies.

For these combination homeopathic remedies the single substances are carefully chosen to complement one another. Each substance gives the body specific stimuli that activate self-healing power in different areas and thus activate the body holistically.

Hevert – In the tradition of Emanuel Felke



Emil Hevert (1899-1957)

When he founded the Hevert company with his wife Dorothea in the mid-1950s, pharmacist Emil Hevert laid the foundation for the company on Emanuel Felke's legacy. His goal was to take advantage of his long experience with manufacturing "Felke combination remedies" to set up his

own company and to establish economic independence for his family.



Felke spa hotel in
Bad Sobernheim, Germany

Hevert was founded in Bad Sobernheim, where Felke practiced for many years and later was the headquarters of the Felke Association, which evolved out of the many Felke Therapy Societies (Emil Hevert was also involved in the founding of this association). With its spa hotels, Bad Sobernheim is still the center of the Felke therapy movement, offering, in addition to homeopathy, the established natural remedies of sunlight, air, water, clay, and a diet based on natural foods.

A large number of the formulations on which Hevert's homeopathic remedies are based were developed in collaboration with Felke's students.

Hevert today

Since its establishment in 1956 by Emil and Dorothea Hevert, Hevert has been an independent, family-run company. After being succeeded by Dr. Wolfgang Hevert, a doctor and pharmacist, the company is being run today by his sons and grandsons of the founder, Marcus and Mathias Hevert, representing the third Hevert generation.



Co-Managing Directors
Mathias and Marcus Hevert
with their sister and fellow
shareholder, Sarah Hevert

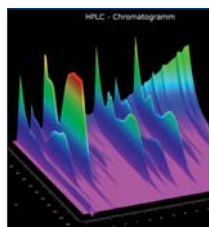
Today Hevert is one of the ten most important manufacturers of homeopathic remedies worldwide. With more than 100 remedies, the company's extensive product portfolio has remedies for nearly all treatment areas relevant to natural medicine. The company headquarters can still be found in the sunny wine-growing region on the Nahe River in Germany. Hevert remedies are produced here, surrounded by nature, and marketed all over the world.



Traditional medicine meets modern production processes

Hevert is a one-stop shop, handling every aspect of production, from the manufacture of homeopathic mother tinctures, to the completed packaged product. The company's mission is to combine the long tradition of homeopathic remedies with the high-quality standards of modern pharmaceutical manufacturing to guarantee consistently high-quality and efficacy.

Selective purchasing of raw materials and contractually guaranteed cultivation of herbs, in conjunction with strict quality control of received product, assure a high degree of purity and active substance content in our natural remedies. The natural raw materials are tested at great expense for all relevant environmentally related harmful pollutants such as heavy metals, pesticide residues, and microbial contamination.



Hevert quality assurance



The Hevert family at a school
construction project in Africa

But the quality of our remedies is not the only thing we feel responsible for. As a family company with close ties to nature, Hevert actively promotes naturopathy, environmental protection, sustainable business practices, and is treating its employees and society very responsibly.

For more information visit us online at
www.hevertusa.com

Wishing you good health,

Marcus Hevert

Mathias Hevert

Para información en
español, visite
www.hevertusa.com



HEVERT

EFFECTIVE BY NATURE