

PhytoRelief-CC in Prevention of Flu and Cold: A 4 To 6 Month Registry Study

Luzzi R*, Hu S and Belcaro G

Irvine3 Labs, Dept Sci Med or Biotec, Chieti-Pescara University

***Corresponding author**

Luzzi R, Irvine3 Labs, Dept Sci Med or Biotec, Chieti-Pescara University

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The aim of this supplement, registry study was to evaluate the effects of the use of standardized, oral supplement (PhytoRelief CC, Alchem). Phyto-Relief CC includes anti-inflammatory, anti-oxidant and anti-edema natural compounds.

Increased salivation produced by ginger is useful in the prevention of cold episodes and on signs and symptoms associated to the episodes by increasing saliva and its content in lysozyme.

The main targets of the study were the evaluation of the occurrence of episodes and the reduction of signs/symptoms, the reduction of days of disease, the reduction in the use of other treatments, and the evaluation and control of cold-related complications.

Two groups were formed: (1) standard management, and (2) standard management + PhytoRelief.

Three gummy tablets/day were used as a prevention in the cold seasons (December 2015, March 2016). The tablets dissolve slowly in the mouth (they include dantabija 20 mg, haridra 50 mg, zingiber officinalis 5 mg); 3-4 tablets/day were used as prevention for 2 weeks. The third week was only observational.

Standard management to prevent flu (if there is any form of prevention) was considered avoiding obvious sources of contamination, washing hands after contacts, using 1 g /day of Vitamin C, a healthy lifestyle, exercise, avoiding – if and when possible - closed spaces with many individuals in winter.

Results

The two resulting registry groups were comparable (Table). The number of episodes (lasting more than 3 days), the total number of subjects with any episode, the episodes in the first and third week (without prevention) were all in favor of the preventive supplement. The average number of days and the lost working days were inferior with PhytoRelief-CC.

Also the use of other OTC products and the number of complications after 4 days were significantly lower with PhytoRelief. Finally, the number of subjects with an extension of the diseased condition to more than 7 days with bronchial or tracheal complications was also lower with PhytoRelief.

No safety or tolerability problem was observed.

In conclusion this extended preliminary study shows that PhytoRelief-CC may prevent some episodes of cold and flu and help (shortening) the evolution of cold if used early, when initial symptoms could be identified.

More specific evaluations and larger prevention studies are in progress.

The extension of the prevention to more than the two weeks of actual administration may indicate a more permanent effect of this supplement on improving local, mucosal (lysozyme) and possibly, even systemic immunity.

Table 1: Observations in The Two Groups (Phyto Relief Prevention and Standard Management).

	PHYTORELIEF CC	CONTROLS	
TOTAL subjects Age	94 (44 females) 44.6;3.3	98 (45 females) 45.3;4	ns
1. Episodes (>3 days) of cold	13/94 (13.26%)	23/98 (23.47%)	p<0.05
2. Total number of subjects with any episode	15/94	26/98	p<0.05
3. Cold episodes in the first week	9/94	16/98	p<0.05
4. Third week cold episodes	5/94	13/98	p<0.05
5. Other parameters - Average days per episodes - Lost working days	2.1;1 0.51;0.4	3.62;1.1 1.23;0.44	p<0.05 p<0.05
6. Use of other OTC product (nasal drops, aspirin, Vitamin C, antihistamines, aerosols)	16/94	28/98	p<0.05
7. Number of complications or extensions after 4 days	3/94	9/98	p<0.05
8. Disease 'extension' (to >7 days with tracheal or bronchial complications)	2/94	5/98	p<0.05

References

1. R Luzzi, G Belcaro, L Pellegrini, U Cornelli, B Feragalli, et al. (2015) Phyto-relief CC: prevention of cold episodes. Control of signs/symptoms and complications. Minerva Gastroenterol Dietol.

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