



The joy of travelling instead of the frustration of travelling - the SANUM travel pharmacy

Here in Lower Saxony, the summer holidays are now in full swing and many households are packing their suitcases - it's finally time for a summer holiday. Discovering new places and exotic food, lying on the beach or hiking in the mountains - for many, it's the best time of the year. So it's all the more annoying when a cold or travellers' diarrhoea suddenly sets in.

Especially when travelling to distant destinations, the risk of a gastrointestinal illness increases due to the bacterial flora there, which is foreign to us. Changes between hot and cold (air conditioning) increase the risk of catching a cold and falls can always occur when hiking.

Traveller's diarrhea

Endemic germs in drinking water or contaminated food can lead to gastroenteritis at your holiday destination. This is often accompanied by vomiting and diarrhoea and, in the worst-case scenario, can end up in hospital. To avoid traveller's diarrhoea, you should stick to this holiday rule: "Peel it, boil it, cook it or forget it. (Peel it, boil it, cook it or forget it.)". If it does happen, or as a preventative measure, experience has shown that OKOUBASAN® can be used as a supportive measure:

- for food poisoning
- Infections of the gastrointestinal tract
- food intolerances
- prophylactically for climate and dietary changes, e.g. when travelling abroad

Nosebleed

Even if you don't generally have problems with nosebleeds, they can still occur from time to time on holiday. Extreme heat with low humidity at the holiday destination can dry out the mucous membrane in the nose, while at the same time the capillaries dilate due to the heat. Irritations such as vigorous nose blowing or increased dust in the nose can then easily lead to nosebleeds. Cold air is usually very dry, as cold air can only absorb a small amount of moisture. This irritates the nasal mucosa and it bleeds more easily. If you are also at a higher altitude, the drop in air pressure can also cause fine veins in the nasal mucosa to burst, leading to nosebleeds.



Whether caused by heat or cold, experience has shown that CALVAKEHL® is used as a supportive treatment for nosebleeds in SANUM therapy. CALVAKEHL® belongs to the element of system regulation and here to the myco-preparations, it contains specific components from the giant bovist (Calvatia gigantea).

Trade forms

OKOUBASAN® D2 tablets

80 tablets

Dosage

Adults and adolescents aged 12 and over:
Acute every half to full hour, maximum 6x,
1 tablet daily with sufficient liquid

CALVAKEHL® D4 Tablets

80 tablets

Dosage

Adults and adolescents aged 12 and over:
Take 1-3x 1 tablet daily with sufficient liquid

For further product information, please refer to the respective instructions for use.