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Dear Reader,

In Europe, alcoholic extracts from ivy leaves are used in different medicines as an **expectorant against productive coughing** during acute infections of the upper respiratory tract.

In the meantime, this medical use has been documented extensively for more than 20 years and is also reflected in different **clinical studies** which have been conducted involving corresponding medicines.

Pharmacological studies identified  **$\alpha$ -hederin** as a potential active ingredient in alcoholic ivy extracts.

In 2011, the Committee for Herbal Medicinal Products of the **European Medicines Agency** published a positive assessment of a range of aqueous-alcoholic extracts in medicines which was updated and confirmed recently (in August 2018).

This also applies to the treatment of **children from the age of two** on.



In a [review](#) published recently in issue 117 of the HerbalGram Journal of the [American Botanical Council](#), 19 clinical studies involving preparations which contain alcoholic ivy extracts were assessed.

In the context of this assessment, it was possible to evaluate that the [clinical efficacy](#) of an extract is especially well proven. The basis thereof is a randomised and placebo-controlled clinical study, published in 2016 which meets modern standards. It concerns a dry extract containing 30% ethanol (m/m) with a drug extract ratio of 5-7.5:1.

In general, alcoholic ivy extracts are well tolerated without serious side-effects occurring.

In addition to the ivy extract dealt with in the review, Anklam Extrakt GmbH provides you with further high-quality ivy extract variations. All variations are produced in accordance with GMP in our plant in Anklam and may be acquired pharmaceutical documentation included.

[Click here for the review article](#)

[Click here for the ivy product portfolio](#)

## Literature

[1] [www.ema.europa.eu/documents/herbal-monograph/final-european-union-herbal-monograph-hedera-helix-l-folium-revision-2\\_en.pdf](http://www.ema.europa.eu/documents/herbal-monograph/final-european-union-herbal-monograph-hedera-helix-l-folium-revision-2_en.pdf).

[2] Reckhenrich AK, Klüting A, Veit M . Ivy Leaf Extracts for the Treatment of Respiratory Tract Diseases Accompanied by Cough: A Systematic Review of Clinical Trials HerbalGram. 2018; Issue 117; 58-71.

[3] Schaefer A, Kehr MS, Giannetti BM, Bulitta M, Staiger C. A randomized, controlled, double-blind, multi-center trial to evaluate the efficacy and safety of a liquid containing ivy leaves dry extract (EA 575®) vs. placebo in the treatment of adults with acute cough. Die Pharmazie - An International Journal of Pharmaceutical Sciences. 2016; 71; 504-509.



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