

### What is Melzest™?

Melzest™ is the complete, convenient solution for the relief of the symptoms of coughs and colds. With Melzest™, HoneyLab have reinvented and improved on the classic “honey & lemon” for colds, bringing it into the 21st century.

### Where does the name come from?

“Mel” is Latin for honey, and the European honeybee’s scientific name is *Apis mellifera*.

### How frequently do people get colds?

Adults have 2-3 colds per year on average, while children have 5-7 per year.

### What are the ingredients?

In each 250ml Melzest™ container there is:

- 146ml New Zealand manuka honey
- 96ml glycerin
- Vitamin C (100mg/8ml)
- Zinc (30mg of the citrate= $\sim$ 5mg delivered zinc/8ml)
- Natural lemon oil flavour

### What is the dosage?

The recommended dosage is as follows:

**Adults** - 4 pumps (8ml), 2-3 times per day

**Older children** (ages 9-18) - 3 pumps (6ml), 2-3 times per day

**Younger children** (ages 4-8) - 1 pump (2ml), 2-3 times per day

Do not exceed stated dose. Not recommended for children aged under 4 years.

### How do I take it?

To make a great tasting honey & lemon drink to sip, pump Melzest™ into a cup or glass and add hot water to taste. Alternatively, it can simply be pumped onto a spoon and eaten, which, again, tastes great.

### Is it convenient?

Honey & lemon has been used for centuries, and for good reason - it makes people feel better. But the last thing you want to do when sick is go out and get the honey and the lemon. On top of this, you have to make sure you are taking the right amounts. As an extra, you may decide to buy and take vitamin C and zinc as these have also been shown to help with colds. Melzest™ contains all of these in the correct dose you need, through a novel and accurate dispensing method. The Melzest™ pump means that the whole family can receive the exact dose they need for their age, and it tastes great if eaten or taken as a drink. Overall, Melzest™ makes it super-convenient to receive the full benefit of everything you want to take for your cold.

### How does it help a cough/cold?

**Manuka honey** has been shown to be an effective treatment for coughs, particularly tickly coughs. To stop coughing at night-time it is recommended that it is taken around 30 minutes before bedtime. Studies have shown that honey can be more effective than other cough medicines<sup>1-2</sup>. New Zealand manuka honey is famous for its antibacterial properties, which can help kill any bugs that are in the throat causing the cough.

**Zinc** can reduce the average length of a cold, especially when taken within 24 hours of the onset of symptoms<sup>3</sup>. There is also good evidence that taking zinc on a regular basis can prevent colds occurring in the first place.

**Vitamin C** is well known to shorten the duration of cold symptoms<sup>4</sup>. If taken on a regular basis it can also reduce the chance of getting colds, especially if doing a lot of exercise or being exposed to very cold weather.

**Lemon** is loaded with vitamin C, which is known to support the body’s natural defences. Lemon juice is reported to decrease the strength of the cold and flu virus in the body and reduce phlegm. Like the honey, it is also very acidic which can help to kill the germs.

**Antioxidants** are widely accepted to help alleviate symptoms and even shorten the duration of a cold. The manuka honey, vitamin C and lemon juice all provide lots of these antioxidants.

### Is it safe?

Melzest™ is 100% natural. It is also safe for pregnant women and breastfeeding mothers. The unique dispensing pump makes it easy to measure the dose accurately.

### Does it contain paracetamol?

Many products for colds contain paracetamol but it may not be obvious that they do so. This can mean that if you take additional paracetamol you may be taking too much, which can be dangerous. Melzest™ will make you feel better, but if you wish to take paracetamol as well, you can do so safely.

### Who are HoneyLab?

HoneyLab are a New Zealand pharmaceutical company with several platforms of clinical research, including dermatology, pain, and nutrition. HoneyLab are running the world’s largest programme of medical honey research. The research programme is directed by Dr. Shaun Holt. Shaun has both Pharmacy and Medical degrees from the UK, lectures at Victoria University of Wellington and is one of New Zealand’s most experienced clinical researchers.

### Who can I contact for more information?

For information on the science - Dr Shaun Holt:  
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For information on orders/supplies - Julia Ammundsen:  
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### References:

1. Paul IM et al. Effect of honey, dextromethorphan, and no treatment on nocturnal cough and sleep quality for coughing children and their parents. *Archives of pediatrics & adolescent medicine* 161.12 (2007): 1140-1146.
2. Shadkam MN, Mozaffari-Khosravi H, Mozayan MR. A comparison of the effect of honey, dextromethorphan, and diphenhydramine on nightly cough and sleep quality in children and their parents. *The Journal of Alternative and Complementary Medicine* 16.7 (2010): 787-793.
3. Science M, Johnstone J, Roth DE et al. Zinc for the treatment of the common cold: a systematic review and meta-analysis of randomized controlled trials. *Canadian Medical Association Journal*, May 7 2012
4. Hemilä H, Chalker E. Vitamin C for preventing and treating the common cold. *Cochrane Database of Systematic Reviews* 2013, Issue 1.