

**Summary of the results of the prospective observational study *DR-AWB-Fephocom*:  
“Efficacy and tolerance of the anthroposophical remedy Ferrum phosphoricum comp (Infludoron) for beginning and advanced common cold”**

The purpose is to obtain further knowledge about the efficacy and tolerance of the routinely application of **Ferrum phosphoricum comp (called Infludoron in the U.S.), globules** for **beginning and advanced common cold**. This has been accomplished with this practice-oriented prospective observational study.

Within a period of six months (09/2006 until 02/2007) 65 physicians (naturopathy, anthroposophic medicine and pediatry) enrolled **251 patients**. The arrangement per patient was one initial and one final consultation after one to four weeks. The attending physician made all the decisions regarding the selection of patients, diagnostic measures and therapy.

Half of the 251 patients accepted were in the initial stage of a common cold (n=120; 47.8%) the other half were in the advanced stage of a common cold (n=126; 50.2%; (missing N=5).

Female patients were treated more frequently with 58.6% compared to male patients with 41.0% (n=103). The female average age was 33.1 years and the male average age was 28.7 years.

Overall there were 95 children/adolescents (37.8%) and 154 adults (61.4%) recorded. The age distribution is documented in the table below.

**Table 1: Age groups in years (no information on missing values)**

Age	N	%	Age	N	%
< 1	7	2.8	18 to < 36	46	18.3
1 to < 6	46	18.3	36 to < 51	52	20.7
6 to < 12	32	12.7	51 to < 66	31	12.4
12 to <18	10	4.0	≥ 66	25	10.0

The remedy tested – Ferrum phosphoricum comp (Infludoron)– contains six ingredients from the mineral and plant kingdom. It assists the organism’s defense system and self-healing process in the following way:

- Aconitum napellus (aconite)                      alleviates neuralgic pains, regulates fever
- Bryonia alba (bryony)                              gives structure to the metabolism and the edematous tissue
- Eucalyptus    increases circulation, anticonvulsive, regulates mucous membranes
- Eupatorium perfoliatum (boneset)              sudorific, expectorant, soothes muscle pains
- Ferrum phosphoricum                              regulative on the respiration tract
- Sabadilla     tones the vascular system, reduces coryza

See Table 2 below for recommended doses.

**Table 2: Recommended doses of Ferrum phosphoricum comp (Infludoron)**

	<b>Single dosis</b>	<b>Frequency of intake</b>
Adults/Adolescents from 12 years	15 globuli	every 1 - 2 hours
Children between 6 and 11 years	8 - 10 globuli	every 1 - 2 hours
Children between 1 and 5 years	5 - 10 globuli	3 - 4 times daily
Infants during the first year	3 - 5 globuli	3 - 4 times daily

Duration of treatment with Ferrum phosphoricum comp (Infludoron) was between one and thirty days. Medium length was nine days. There was a tendency to prescribe lower doses and with longer intervals between medications as was indicated in the intake recommendations.

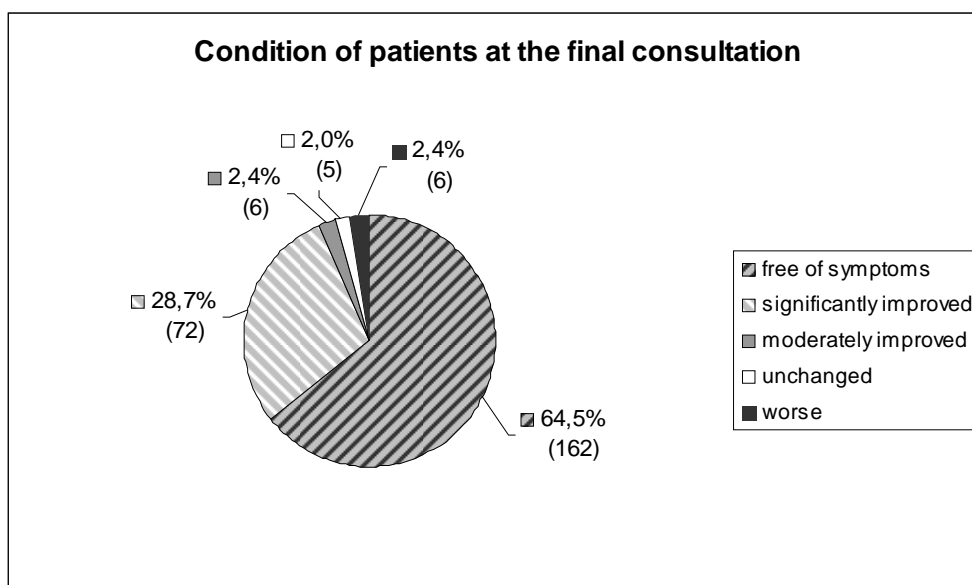
Of the total patient group, 62.9% of all patients showed **initial improvements** within the first three days, of which 74,7% were children/ adolescents and 56,5% were adults.

As expected, patients in the group with a beginning cold showed an initial improvement in the first three days as compared to the group with an advanced common cold (73.3% versus 54%). Children/adolescents with a beginning cold showed an initial improvement within one to three days with an even higher percentage of 86.4%.

This observational study refrained from defining a control group from the start because of the non-intervening nature of the study. Therefore, all patients received Ferrum phosphoricum comp (Infludoron) and there were no restrictions regarding additional therapeutic measures. The physicians gave additional remedies against the common cold to 61 of the 251 patients (24.3%) such as expectorants, rhinologica, pain killers and antipyretic medication. The comparison of patients with and without additional medication did not show any significant change regarding initial improvement – 3.0 versus 3.5 days.

As shown by Figure 1, 93.2% of patients (234 of 251) were either **free of symptoms** or their conditions showed significant improvement at the final consultation. Additional therapeutic measures did not contribute to a reduction in time of the symptoms.

Independently of taking additional medication in both subgroups the patients were free of symptoms after seven days on average. This statement can be confirmed by percentage – at the final consultation 62.3% of the patients who had taken additional medication were free of symptoms compared to 65.3% of patients who had taken exclusively Ferrum phosphoricum comp (Infludoron). These results can be explained with the mode of action of allopathic medication – the symptoms of a common cold will be suppressed by allopathic remedies instead of being cured. For example if one takes a pain killer against headache and melalgia, the effect is immediate, however, the cold is not necessarily cured. This can lead to the feeling of the patient that he is fit for work again when in reality from the point of view of the phase of the disease he is not ready to go back to work. A protracted sickness can be the consequence.



**Figure 1: Condition of patients at the final consultation (n = 251)**

The observation of **individual symptoms** also shows a significant improvement during the course of the study. At the beginning almost all patients (98.0%) complained about feeling sick. This percentage dropped to under 20% by the end of the observation. At the initial consultation over 80% of the patients complained about the typical signs of a common cold – sore throat, coryza, cough as well as pains in head, limbs and muscles. At the final consultation this percentage was reduced to between 10 and 30%. At the start, 37.5% of the patients had fever; at the end of the observation, this was reduced to 2.8%.

A high percentage of the physicians and of the patients (88.4% and 86.9% respectively) assessed the **efficacy** of Ferrum phosphoricum (Infludoron) as very good to good. Compared to this, the efficacy of remedies they had taken in earlier times such as pain killers, cough remedies, rhinologica, antibiotics and mouth- and gargle medication was assessed as only 66.9% on average as very good to good.

A very good to good **tolerance** of Ferrum phosphoricum comp (Infludoron) was documented by the physicians as well as by the patients (98.8% and 97.2% respectively). Contrary to this the tolerance of the mainly allopathic medication used with earlier colds was only estimated very as good to good by 70.8%.

During the entire observational study no adverse effects from Ferrum phosphoricum comp (Infludoron) occurred.

As a result of the good effectiveness and tolerance of Ferrum phosphoricum comp (Infludoron) 92.4% of the physicians would **prescribe it again**. The majority of the patients (88%) would **recommend** Ferrum phosphoricum comp (Infludoron) to others.