Osha Root Complex Syrup (Osha/Wild Cherry Complex). Stops or calms cough. Decreases lung congestion, promotes expectoration, and reduces inflammation of throat and bronchioles. Soothes and slightly anesthetizes the throat.
Ingredients: Osha, Wild Cherry bark, White Pine, Balm of Gilead, Spikenard, and Bloodroot in a glycerin/gum arabic syrup base.
Dose: Take 1/2 to 1 teaspoon every three to four hours. Children, two to five years old, take 1/4 to 1/2 teaspoon every three to four hours.
Contraindications: Not in pregnancy.