

HUSSSH[®]

The Case for Honey & Lemon to Treat Cough

According to the NHS, most coughs—unless persistent over several months—are typically linked to upper respiratory infections and resolve within 2 to 3 weeks. Soothing treatments are the recommended approach.

Lemon contains antioxidants, and honey offers antibacterial and anti-inflammatory properties. Together, they naturally soothe the throat while promoting digestive health. Lemon stimulates digestive enzymes, and honey acts as a prebiotic, supporting gut health.

While pharmaceutical cough suppressants like dextromethorphan are common, studies show that honey can be equally effective without introducing additional chemicals. The MHRA has already banned certain preparations containing formaldehyde, codeine, and pholcodine. Many brands have since removed excipients, reducing their products to glucose suspensions, especially those targeting children under six.

The HUSSSH product offers a chemical-free alternative. It is a Class One Medical Device and has already been submitted for reclassification to Class 2A under upcoming EU regulations. Suitable for use from one year old, it avoids the risks associated with honey in infants under one due to the potential for botulism.

It is important to recommend reading the patient information leaflet before use.

