

THE USE OF HERBAL PREPARATIONS AND DIETARY SUPPLEMENTS IN COMMON COLD IN POLAND

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The common cold is the most frequently occurring infectious disease and numerous OTC products for its treatment are available.

The aim was to study common cold products marketed in Poland.

Results: 413 respondents were examined with detailed questionnaire. The largest group were people aged up to 25 years (41%) with secondary education (64%). Most of the respondents use cold preparations (84%). Respondents most frequently purchased preparations containing garlic, honey, fish oil, raspberry, lime, marshmallow, elderberry syrup, pine syrup with onions lemon juice, coltsfoot, thyme, citrus and pepper. The most frequently purchased synthetic products were Rutinoscorbin, Cerutin, Gripex, Aspirin, Paracetamol and Febrisan. Remedies were purchased most often in the pharmacy (82%), usually once every 3 months (25%) or 6 months (22%). The most important criteria for respondents purchasing these remedies were: effectiveness (60%), followed by price (40%) and the composition of the product (29%). The respondents most often indicated the Internet as a source of information (34%), followed by leaflets (31%) and medical advice (28%). It was noted that women were more likely to read leaflets. The vast majority of respondents believe that cold medications meet their expectations (92%).

Conclusion: cold preparations remain a popular group of pharmaceuticals available as OTC purchases in Poland.