

## Clinical Studies on on Sinupret®

### Acute and Chronic Sinusitis or Bronchitis

Author/Year	Subject	Design	Duration	Dosage	Preparation	Results/Conclusion
Riechstein and Mann, 1999	Chronic sinusitis	R, PC, DB n=31	7 days	2 tablets 3/day; or 50 drops 3x/day	Sinupret® tablets & drops	Sinupret® group showed considerable improvement compared with placebo group on X-ray and ultrasound findings of paranasal sinuses. Complete recovery was seen in 12 of 16 Sinupret participants compared with 6 of 15 placebo participants.
Ernst <i>et al.</i> , 1997	Acute bronchitis	Post-market surveillance n=3,187	10 days average	2 tablets, 3x daily; 25 drops to 50 drops 3x/day	Sinupret® tablets & drops	330 GPs and specialists; Sinupret® at least as effective as other expectorants.
Neubauer and März, 1994	Acute sinusitis	R, PC, DB n=160	14 days	2 tablets 3x/day	Sinupret® tablets	Therapy with antibiotics and decongestants improved in combination with Sinupret®.
Kraus and Schwender, 1992	Acute and chronic sinusitis	R, O, Cm n=134	14 days	2 tablets 3x/day	Sinupret® tablets	Study medication (Sinupret®) was as effective as the active control (volatile oil preparation).
Pinnow and Egetenmaier, 1992	Acute bronchitis	RC, SB n=158	14 days	2 tablets 3x/day	Sinupret® tablets and drops	Study medication (Sinupret®) was as effective as the active control (mucolytic agent).
Egetenmeier and März, 1991	Sinupret vs. ambroxol drops in acute bronchitis	C, DB n=80	14 days	100 drops 3x/day. (for the first 3 days); 50 drops 3x/day (for the rest of therapy)	Sinupret® drops	Study medication (Sinupret®) was found to be as effective as the active control (mucolytic agent).
Braun and März, 1990	Sinupret versus N-acetylcysteine for sinusitis	R, O, Cm n=160	21 days	2 tablets 3x/day	Sinupret® tablets vs. Fluimucil	Sinupret® was found to be as effective as the active control (mucolytic agent).

**KEY:** C – controlled, CC – case-control, CH – cohort, CI – confidence interval, Cm – comparison, CO – crossover, CS – cross-sectional, DB – double-blind, E – epidemiological, LC – longitudinal cohort, MA – meta-analysis, MC – multi-center, n – number of patients, O – open, OB – observational, OL – open label, OR – odds ratio, P – prospective, PB – patient-blind, PC – placebo-controlled, PG – parallel group, PS – pilot study, R – randomized, RC – reference-controlled, RCS – retrospective cross-sectional, RS – retrospective, S – surveillance, SB – single-blind, SC – single-center, U – uncontrolled, UP – unpublished, VC – vehicle-controlled.