



# From babies to big kids...try these safe, simple ways to soothe your child's cough†

## Encourage fluids:

Fluids loosen up thick mucus in the lungs, so it's easier to cough up.

- **Under 1 year old:** Breastfeed or formula-feed often
- **Over 1 year old:** Give plenty of clear fluids, such as water or warm unsweetened juice

## Breathe warm mist:

**For all ages:** Warm mist relaxes the airway. With the shower running in a closed bathroom, have your child breathe warm mist.

## Try a humidifier:

**For all ages:** Dry air makes coughs worse. If the air in your home is dry, use a cool-mist humidifier in your child's room. Change the water daily to avoid bacteria.

## You can also try age-specific Zarbee's® cough syrups with wholesome, effective ingredients:



**Dark honey:** effectively soothes coughs due to hoarseness, dry throat, and irritants\* (do not give to babies under 1 year old)



**Vitamin D, zinc, and elderberry:** support the body's natural immune system\*



**Agave syrup:** an alternative to honey for babies under 1 year old, helps soothe coughs\* (with your pediatrician's supervision)



**Turmeric root:** contains antioxidants and supports healthy nasal passages\*



**Ivy leaf:** helps your child when they are coughing to clear mucus\*



**Marshmallow root:** supports a healthy respiratory system\*



**B-vitamins:** support the body's natural production of energy\*



**Chamomile:** calms the body and mind before bed\*

Choose the Zarbee's® cough syrup that's tailored to your child's age and stage



**For children of all ages**  
Soothing Saline Nasal Mist with Aloe helps moisturize, cleanse and flush nasal passages



For babies up to 24 months

For kids 2 to 6 years old

For kids 6 to 12 years old

for the of sweet soothing



NO DRUGS



NO ARTIFICIAL FLAVORS



NO DYES



NO GLUTEN, EGGS, DAIRY, OR PEANUTS



SAFE AND EFFECTIVE



SIMPLE, FAMILIAR INGREDIENTS

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†IQVIA Survey Data, 2021.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*For coughs associated with hoarseness, dry throat, and irritants.\*

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