



Senega & Ammonia 200ml

\$35.20

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Senega & Ammonia 200ml is a traditional Australian chesty-cough expectorant that loosens and removes phlegm, soothes throat irritation, and is suitable for people with high blood pressure. Pseudoephedrine-free, lactose-free, gluten-free.





Details

What is Senega & Ammonia 200ml?

Senega & Ammonia 200ml is a traditional Australian cough expectorant designed to relieve chesty congestion. The herbal-based formula loosens stubborn phlegm and reduces throat irritation, making it suitable for people who can't take pseudoephedrine-based cough medicines — including those with high blood pressure.

Key benefits

- Relieves chesty congestion and persistent cough.
- Loosens and helps remove phlegm.
- Soothes throat irritation.
- Suitable for people with high blood pressure (no pseudoephedrine).
- Pseudoephedrine-free, lactose-free, and gluten-free.

Active ingredients (per 10ml)

- **Ammonium Bicarbonate** 250mg — loosens mucus.
- **Compound Camphor Spirit** 1.0ml — soothes irritated airways.
- **Liquorice Liquid Extract** 0.5ml — eases throat irritation.
- **Concentrated Senega Infusion** 0.5ml — traditional expectorant.

Suitable for

- Adults and children over 6 years.
- People with high blood pressure who avoid pseudoephedrine.
- Lactose-intolerant and gluten-free households.

How to use Senega & Ammonia

Shake well before use. Adult dose: 10ml every 3-4 hours, maximum 4 doses in 24 hours. Children 6-12 years: 5ml every 3-4 hours. Do not exceed the maximum daily dose. If symptoms persist beyond 3 days, consult your doctor or pharmacist.

Warnings & precautions

- Do not use if pregnant or breastfeeding without medical advice.



- Discontinue use and consult a doctor if symptoms persist beyond 3 days.
- Keep out of reach of children.
- Store below 25°C in a dry place.

Frequently asked questions

Is Senega & Ammonia safe for people with high blood pressure?

Yes. Unlike pseudoephedrine-based cough medicines, Senega & Ammonia does not contain stimulants that raise blood pressure, making it a common pharmacist recommendation for hypertensive patients with a chesty cough.

Can children take Senega & Ammonia?

Senega & Ammonia is suitable for children aged 6 years and over at the lower dose (5ml every 3-4 hours). Always consult a pharmacist before giving cough medicine to children under 6.

Does Senega & Ammonia contain pseudoephedrine?

No. The formula is pseudoephedrine-free, lactose-free, and gluten-free. It is suitable for households where stimulant-based decongestants must be avoided.

How long does a bottle of Senega & Ammonia 200ml last?

At a typical adult dose of 10ml four times daily, a 200ml bottle lasts approximately 5 days of treatment.

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