

# Echinacea May Protect Against the Common Cold

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Users of echinacea supplements in clinical trials reduced their odds of developing the common cold by more than half, according to findings from a meta-analysis of 14 published, randomized, placebo-controlled trials.

When patients in the trials caught a cold, those who used echinacea supplements also cut a mean of 1.4 days from the

duration of their illness, compared with patients who received a placebo.

The trials involved preparations of the three most common *Echinacea* species (*E. purpurea*, *E. augustifolia*, and *E. pallida*) either alone or in combination with other supplements.

Although agencies such as the World Health Organization, the Canadian Natural Health Products Directorate, and the German Federal Institute for Drugs and Medical Devices Commission E have sup-

ported the use of echinacea for the common cold, "there is controversy about the efficacy of echinacea for the prevention or treatment of the common cold with some studies showing benefit and others showing a null effect," wrote lead investigator Sachin A. Shah, Pharm.D., of the University of Connecticut School of Pharmacy, Storrs, and associates (Lancet Infect. Dis. 2007;7:473-80).

The meta-analysis, which encompassed 1,356 patients in tests of echinacea's effect

on the incidence of the common cold and 1,630 patients in determining its effect on the duration of colds, showed that echinacea users had significantly lower odds of contracting a cold (58% lower) than did placebo-treated patients.

Nine trials evaluated the effect of echinacea on the incidence of colds, while seven tested its effect on reducing the duration of colds (two trials examined both end points).

Prophylactic use of echinacea reduced the incidence of naturally occurring colds by 65%, compared with placebo.

Echinacea dropped the incidence of colds by only 35% when investigators directly inoculated participants with rhinovirus, which suggests that echinacea has a modest effect on rhinovirus but marked effects against some of the 200 other viruses that are capable of causing the common cold, the researchers wrote.

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Echinacea's effects on the incidence and duration of colds were maintained regardless of whether patients contracted colds naturally or were inoculated with viruses. All of the trials pointed toward a positive effect of echinacea in reducing the odds of developing a cold, but the magnitude of this effect varied.

The investigators could not rule out the presence of publication bias, but a statistical analysis suggested that any such potential bias was not significant.

In four trials in which participants were allowed to use echinacea with other supplements, such as vitamin C, the combination significantly shortened the duration of colds.

But findings from three other trials that evaluated the effect of echinacea alone did not show any significant influence on the duration of colds.

Dr. Shah and colleagues suggested that this outcome does not mean that echinacea alone has no effect on the duration of colds because this subgroup analysis may have been "underpowered," and comparisons to the results obtained in the overall analysis indicate that "the benefit is caused by echinacea rather than the other supplements."

More than 800 products containing echinacea are available in a variety of forms; these may contain different parts of the plant and may contain differing levels of the molecules that are thought to underlie the proposed immunostimulatory effects of the plant, such as polysaccharides, alkaloids, and chicoric acid.

The meta-analysis did not focus on the safety of echinacea, which is an inhibitor of the human cytochrome P450 3A4 enzyme; the enzyme processes many drugs and metabolites.

The researchers reported no conflicts of interest with any echinacea products. ■

**CHANTIX™**  
(varenicline) TABLETS

#### INDICATIONS AND USAGE

CHANTIX is indicated as an aid to smoking cessation treatment.

#### PRECAUTIONS

**General** Nausea was the most common adverse event associated with CHANTIX treatment. Nausea was generally described as mild or moderate and often transient; however, for some subjects, it was persistent over several months. The incidence of nausea was dose-dependent. Initial dose-titration was beneficial in reducing the occurrence of nausea. Nausea was reported by approximately 30% of patients treated with CHANTIX 1 mg BID after an initial week of dose titration. In patients taking CHANTIX 0.5 mg BID, the incidence of nausea was 16% following initial titration. Approximately 3% of subjects treated with CHANTIX 1 mg BID in studies involving 12 weeks of treatment discontinued treatment prematurely because of nausea. For patients with intolerable nausea, dose reduction should be considered.

**Effect of smoking cessation.** Physiological changes resulting from smoking cessation, with or without treatment with CHANTIX, may alter the pharmacokinetics or pharmacodynamics of some drugs, for which dosage adjustment may be necessary (examples include theophylline, warfarin and insulin).

**Drug Interactions** Based on varenicline characteristics and clinical experience to date, CHANTIX has no clinically meaningful pharmacokinetic drug interactions (See Full Prescribing Information, CLINICAL PHARMACOLOGY, Drug-Drug Interactions).

**Carcinogenesis, Mutagenesis, Impairment of Fertility** Carcinogenesis. Lifetime carcinogenicity studies were performed in CD-1 mice and Sprague-Dawley rats. There was no evidence of a carcinogenic effect in mice administered varenicline by oral gavage for 2 years at doses up to 20 mg/kg/day (47 times the maximum recommended human daily exposure based on AUC). Rats were administered varenicline (1, 5, and 15 mg/kg/day) by oral gavage for 2 years. In male rats (n = 65 per sex per dose group), incidences of fibroma (tumor of the brown fat) were increased at the mid dose (1 mg/kg/day, 23 times the maximum recommended human daily exposure based on AUC) and maximum dose (2 tumors, 15 mg/kg/day, 67 times the maximum recommended human daily exposure based on AUC). The clinical relevance of this finding to humans has not been established. There was no evidence of carcinogenicity in female rats.

**Mutagenesis.** Varenicline was not genotoxic, with or without metabolic activation, in the following assays: Ames bacterial mutation assay; mammalian CHO/HGPRT assay; and tests for cytogenetic aberrations *in vivo* in rat bone marrow and *in vitro* in human lymphocytes.

**Impairment of fertility.** There was no evidence of impairment of fertility in either male or female Sprague-Dawley rats administered varenicline succinate up to 15 mg/kg/day (67 and 36 times, respectively, the maximum recommended human daily exposure based on AUC at 1 mg BID). However, a decrease in fertility was noted in the offspring of pregnant rats who were administered varenicline succinate at an oral dose of 15 mg/kg/day (36 times the maximum recommended human daily exposure based on AUC at 1 mg BID). This decrease in fertility in the offspring of treated female rats was not evident at an oral dose of 3 mg/kg/day (9 times the maximum recommended human daily exposure based on AUC at 1 mg BID).

**Pregnancy** Pregnancy Category C. Varenicline succinate was not teratogenic in rats and rabbits at oral doses up to 15 and 30 mg/kg/day, respectively (36 and 50-times the maximum recommended human daily exposure based on AUC at 1 mg BID, respectively). **Nonteratogenic effects** Varenicline succinate has been shown to have an adverse effect on the fetus in animal reproduction studies. Administration of varenicline succinate to pregnant rabbits resulted in reduced fetal weights at an oral dose of 30 mg/kg/day (50 times the human AUC at 1 mg BID); this reduction was not evident following treatment with 10 mg/kg/day (23 times the maximum recommended daily human exposure based on AUC). In addition, in the offspring of pregnant rats treated with varenicline succinate there were decreases in fertility and increases in auditory startle response at an oral dose of 15 mg/kg/day (36 times the maximum recommended human daily exposure based on AUC at 1 mg BID). There are no adequate and well-controlled studies in pregnant women. CHANTIX should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing mothers** Although it is not known whether this drug is excreted in human milk, animal studies have demonstrated that varenicline can be transferred to nursing pups. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants from CHANTIX, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. **Labor and delivery** The potential effects of CHANTIX on labor and delivery are not known. **Pediatric Use** Safety and effectiveness of CHANTIX in pediatric patients have not been established; therefore, CHANTIX is not recommended for use in patients under 18 years of age. **Geriatric Use** A combined single and multiple-dose pharmacokinetic study demonstrated that the pharmacokinetics of 1 mg varenicline given QD or BID to 16 healthy elderly male and female smokers (aged 65-75 yrs) for 7 consecutive days was similar to that of younger subjects. No overall differences in safety or effectiveness were observed between these subjects and younger subjects, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. Varenicline is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and it may be useful to monitor renal function (see DOSAGE AND ADMINISTRATION, Special Populations, Patients with Impaired Renal Function). No dosage adjustment is recommended for elderly patients (see DOSAGE AND ADMINISTRATION, Special Populations).

#### Information for Patients:

- Patients should be instructed to set a date to quit smoking and to initiate CHANTIX treatment one week before the quit date.
- Patients should be advised that CHANTIX should be taken after eating, and with a full glass of water.
- Patients should be instructed how to titrate CHANTIX, beginning at a dose of 0.5 mg/day. Prescribers should explain that one 0.5 mg tablet should be taken daily for the first three days, and that for the next four days, one 0.5 mg tablet should be taken in the morning and one 0.5 mg tablet should be taken in the evening.
- Patients should be advised that, after the first seven days, the dose should be increased to one 1 mg tablet in the morning and one 1 mg tablet in the evening.
- Patients should be encouraged to continue to attempt to quit if they have early lapses after quit day.
- Patients should be informed that nausea and insomnia are side effects of CHANTIX and are usually transient; however, patients should be advised that if they are persistently troubled by these symptoms, they should notify the prescribing physician so that a dose reduction can be considered.
- Patients should also be provided with educational materials and necessary counseling to support an attempt at quitting smoking.
- Patients should be informed that some medications may require dose adjustment after quitting smoking.
- Patients intending to become pregnant or planning to breast-feed an infant should be advised of the risks of smoking and risks and benefits of smoking cessation with CHANTIX.
- Patients should be advised to use caution driving or operating machinery until they know how quitting smoking and/or varenicline may affect them.

#### ADVERSE REACTIONS

During the premarketing development of CHANTIX, over 4500 individuals were exposed to CHANTIX, with over 450 treated for at least 24 weeks and approximately 100 for a year. Most study participants were treated for 12 weeks or less. In Phase 2 and 3 placebo-controlled studies, the treatment discontinuation rate due to adverse events in patients dosed with 1 mg BID was 12% for CHANTIX compared to 10% for placebo in studies of three months' treatment. In this group, the discontinuation rates for the most common adverse events in CHANTIX treated patients were as follows: nausea (3% vs. 0.5% for placebo), headache (0.6% vs. 0.3% for placebo), insomnia (1.2% vs. 1.1% for placebo), and abnormal dreams (0.3% vs. 0.2% for placebo). Adverse Events were categorized using the Medical Dictionary for Regulatory Activities (MedDRA, Version 7.1).

The most common adverse events associated with CHANTIX (>5% and twice the rate seen in placebo-treated patients) were nausea, sleep disturbance, constipation, flatulence, and vomiting. Smoking cessation, with or without treatment, is associated with nicotine withdrawal symptoms and has also been associated with the exacerbation of underlying psychiatric illness.

The most common adverse event associated with CHANTIX treatment is nausea. For patients treated to the maximum recommended dose of 1 mg BID following initial dose titration, the incidence of nausea was 30% compared with 10% in patients taking a comparable placebo regimen. In patients taking CHANTIX 0.5 mg BID following initial titration, the incidence was 16% compared with 11% for placebo. Nausea was generally described as mild or moderate and often transient; however, for some subjects, it was persistent throughout the treatment period.

Table 3 shows the adverse events for CHANTIX and placebo in the 12 week fixed dose studies with titration in the first week (Studies 2 (titrated arm only), 4, and 5). MedDRA High Level Group Terms (HLGT) reported in ≥ 5% of patients in the CHANTIX 1 mg BID dose group, and more commonly than in the placebo group, are listed, along with subordinate Preferred Terms (PT) reported in ≥ 1% of CHANTIX patients (and at least 0.5% more frequent than placebo). Closely related Preferred Terms such as "insomnia", "initial insomnia", "middle insomnia", "Early morning awakening" were grouped, but individual patients reporting two or more grouped events are only counted once.

Table 3: Common Treatment Emergent AEs (%) in the Fixed-Dose, Placebo-Controlled Studies (≥1% in the 1 mg BID CHANTIX Group, and 1 mg BID CHANTIX at least 0.5% more than Placebo)

SYSTEM ORGAN CLASS High Level Group Term Preferred Term	CHANTIX 0.5 mg BID N=129	CHANTIX 1mg BID N=821	Placebo N=805
<b>GASTROINTESTINAL</b>			
GI Signs and Symptoms			
Nausea	16	30	10
Abdominal Pain*	5	7	5
Flatulence	9	6	3
Dyspepsia	5	5	3
Vomiting	1	5	2
GI Motility/Defecation Conditions			
Constipation	5	8	3
Gastroesophageal reflux disease	1	1	0
Salivary Gland Conditions			
Dry mouth	4	6	4



Before prescribing, please consult  
Full Prescribing Information.

(Table 3 continued)

<b>PSYCHIATRIC DISORDERS</b>			
Sleep Disorders/Disturbances			
Insomnia**	19	18	13
Abnormal dreams	9	13	5
Sleep disorder	2	5	3
Nightmare	2	1	0
<b>NERVOUS SYSTEM</b>			
Headaches			
Headache	19	15	13
Neurological Disorders NEC			
Dysgeusia	8	5	4
Somnolence	3	3	2
Lethargy	2	1	0
<b>GENERAL DISORDERS</b>			
General Disorders NEC			
Fatigue/Malaise/Asthenia	4	7	6
<b>RESPIRATORY/THORACIC/MEDIAST</b>			
Respiratory Disorders NEC			
Rhinorrhea	0	1	0
Dyspnea	2	1	1
Upper Respiratory Tract Disorder	7	5	4
<b>SKIN/SUBCUTANEOUS TISSUE</b>			
Epidermal and Dermal Conditions			
Rash	1	3	2
Pruritis	0	1	1
<b>METABOLISM &amp; NUTRITION</b>			
Appetite/General Nutrit. Disorders			
Increased appetite	4	3	2
Decreased appetite/Anorexia	1	2	1

\* Includes PTs Abdominal (pain, pain upper, pain lower, discomfort, tenderness, distension) and Stomach discomfort  
\*\* Includes PTs Insomnia/Initial insomnia/Middle insomnia/Early morning awakening

The overall pattern, and the frequency of adverse events during the longer-term trials was very similar to that described in Table 3, though several of the most common events were reported by a greater proportion of patients. Nausea, for instance, was reported in 40% of patients treated with CHANTIX 1 mg BID in a one-year study, compared to 8% of placebo-treated patients.

Following is a list of treatment-emergent adverse events reported by patients treated with CHANTIX during all clinical trials. The listing does not include those events already listed in the previous tables or elsewhere in labeling, those events for which a drug cause was remote, those events which were so general as to be uninformative, and those events reported only once which did not have a substantial probability of being acutely life-threatening. **BLOOD AND LYMPHATIC SYSTEM DISORDERS.** *Infrequent:* Anemia, Lymphadenopathy. *Rare:* Leukocytosis, Thrombocytopenia, Splenomegaly. **CARDIAC DISORDERS.** *Infrequent:* Angina pectoris, Arrhythmia, Bradycardia, Ventricular extrasystoles, Myocardial infarction, Palpitations, Tachycardia. *Rare:* Atrial fibrillation, Cardiac flutter, Coronary artery disease, Cor pulmonale, Acute coronary syndrome. **EAR AND LABYRINTH DISORDERS.** *Infrequent:* Tinnitus, Vertigo. *Rare:* Deafness, Meniere's disease. **ENDOCRINE DISORDERS.** *Infrequent:* Thyroid gland disorders. **EYE DISORDERS.** *Infrequent:* Conjunctivitis, Dry eye, Eye irritation, Vision blurred, Visual disturbance, Eye pain. *Rare:* Acquired night blindness, Blindness transient, Cataract pupillary, Ocular vascular disorder, Photophobia, Vitreous floaters. **GASTROINTESTINAL DISORDERS.** *Infrequent:* Diarrhea, Gingivitis. *Infrequent:* Dysphagia, Enterocolitis, Eruclation, Gastritis, Gastrointestinal hemorrhage, Mouth ulceration, Esophagitis. *Rare:* Gastric ulcer, Intestinal obstruction, Pancreatitis acute. **GENERAL DISORDERS AND ADMINISTRATION SITE CONDITIONS.** *Frequent:* Chest pain, influenza like illness, Edema, Thirst. *Infrequent:* Chest discomfort, Chills, Pyrexia. **HEPATOBIILIARY DISORDERS.** *Infrequent:* Gall bladder disorder. **IMMUNE SYSTEM DISORDERS.** *Infrequent:* Hypersensitivity. *Rare:* Drug hypersensitivity. **INVESTIGATIONS.** *Frequent:* Liver function test abnormal, Weight increased. *Infrequent:* Electrocardiogram abnormal, Muscle enzyme increased, Urine analysis abnormal. **METABOLISM AND NUTRITION DISORDERS.** *Infrequent:* Diabetes mellitus, Hyperlipidemia, Hypokalemia. *Rare:* Hyperkalemia, Hypoglycemia. **MUSCULOSKELETAL AND CONNECTIVE TISSUE DISORDERS.** *Frequent:* Arthralgia, Back pain, Muscle cramp, Musculoskeletal pain, Myalgia. *Infrequent:* Arthritis, Osteoporosis. *Rare:* Myositis. **NERVOUS SYSTEM DISORDERS.** *Frequent:* Disturbance in attention, Dizziness, Sensory disturbance. *Infrequent:* Amnesia, Migraine, Parosmia, Psychomotor hyperactivity, Restless legs syndrome, Syncope, Tremor. *Rare:* Balance disorder, Cerebrovascular accident, Convulsion, Dysarthria, Facial palsy, Mental impairment, Multiple sclerosis, Nystagmus, Psychomotor skills impaired, Transient ischemic attack, Visual field defect. **PSYCHIATRIC DISORDERS.** *Frequent:* Anxiety, Depression, Emotional distress, Irritability, Restlessness. *Infrequent:* Aggression, Agitation, Disorientation, Dissociation, Libido decreased, Mood swings, Thinking abnormal. *Rare:* Bradypnea, Euphoric mood, Hallucination, Psychotic disorder, Suicidal ideation. **RENAL AND URINARY DISORDERS.** *Frequent:* Polyuria. *Infrequent:* Nephrolithiasis, Nocturia, Urine abnormality, Urinary syndrome. *Rare:* Renal failure acute, Urinary retention. **REPRODUCTIVE SYSTEM AND BREAST DISORDERS.** *Frequent:* Menstrual disorder. *Infrequent:* Erectile dysfunction. *Rare:* Sexual dysfunction. **RESPIRATORY, THORACIC AND MEDIASTINAL DISORDERS.** *Frequent:* Epistaxis, Respiratory disorders. *Infrequent:* Asthma. *Rare:* Pleurisy, Pulmonary embolism. **SKIN AND SUBCUTANEOUS TISSUE DISORDERS.** *Frequent:* Hyperhidrosis. *Infrequent:* Acne, Dermatitis, Dry skin, Eczema, Erythema, Psoriasis, Urticaria. *Rare:* Photosensitivity reaction. **VASCULAR DISORDERS.** *Frequent:* Hot flush, Hypertension. *Infrequent:* Hypotension, Peripheral ischemia, Thrombosis.

#### DRUG ABUSE AND DEPENDENCE

**Controlled Substance Class** Varenicline is not a controlled substance. **Humans:** Fewer than 1 out of 1000 patients reported euphoria in clinical trials with CHANTIX. At higher doses (greater than 2 mg), CHANTIX produced more frequent reports of gastrointestinal disturbances such as nausea and vomiting. There is no evidence of dose-escalation to maintain therapeutic effects in clinical studies, which suggests that tolerance does not develop. Abrupt discontinuation of CHANTIX was associated with an increase in irritability and sleep disturbances in up to 3% of patients. This suggests that, in some patients, varenicline may produce mild physical dependence which is not associated with addiction. In a human laboratory abuse liability study, a single oral dose of 1 mg varenicline did not produce any significant positive or negative subjective responses in smokers. In non-smokers, 1 mg varenicline produced an increase in some positive subjective effects, but this was accompanied by an increase in negative adverse effects, especially nausea. A single oral dose of 3 mg varenicline uniformly produced unpleasant subjective responses in both smokers and non-smokers. **Animals:** Studies in rodents have shown that varenicline produces behavioral responses similar to those produced by nicotine. In rats trained to discriminate nicotine from saline, varenicline produced full generalization to the nicotine cue. In self-administration studies, the degree to which varenicline substitutes for nicotine is dependent upon the requirement of the task. Rats trained to self-administer nicotine under easy conditions continued to self-administer varenicline to a degree comparable to that of nicotine, however in a more demanding task, rats self-administered varenicline to a lesser extent than nicotine. Varenicline pretreatment also reduced nicotine self-administration.

#### OVERDOSE

In case of overdose, standard supportive measures should be instituted as required. Varenicline has been shown to be dialyzed in patients with end stage renal disease (see Full Prescribing Information, CLINICAL PHARMACOLOGY, Pharmacokinetics, Pharmacokinetics in Special Patient Populations), however, there is no experience in dialysis following overdose.

#### DOSAGE AND ADMINISTRATION

**Usual Dosage for Adults** Smoking cessation therapies are more likely to succeed for patients who are motivated to stop smoking and who are provided additional advice and support. Patients should be provided with appropriate educational materials and counseling to support the quit attempt. The patient should set a date to stop smoking. CHANTIX dosing should start one week before this date. CHANTIX should be taken after eating and with a full glass of water. The recommended dose of CHANTIX is 1 mg twice daily following a 1-week titration as follows:

Days 1-3:	0.5 mg once daily
Days 4-7:	0.5 mg twice daily
Days 8-End of treatment:	1 mg twice daily

Patients who cannot tolerate adverse effects of CHANTIX may have the dose lowered temporarily or permanently. Patients should be treated with CHANTIX for 12 weeks. For patients who have successfully stopped smoking at the end of 12 weeks, an additional course of 12 weeks treatment with CHANTIX is recommended to further increase the likelihood of long-term abstinence. Patients who do not succeed in stopping smoking during 12 weeks of initial therapy, or who relapse after treatment, should be encouraged to make another attempt once factors contributing to the failed attempt have been identified and addressed.

#### Special Populations

**Patients with impaired renal function** No dosage adjustment is necessary for patients with mild to moderate renal impairment. For patients with severe renal impairment, the recommended starting dose of CHANTIX is 0.5 mg once daily. Patients may then titrate as needed to a maximum dose of 0.5 mg twice a day. For patients with end-stage renal disease undergoing hemodialysis, a maximum dose of 0.5 mg once daily may be administered if tolerated well (See Full Prescribing Information, CLINICAL PHARMACOLOGY, Pharmacokinetics, Pharmacokinetics in Special Populations, Renal Impairment).

**Dosing in elderly patients and patients with impaired hepatic function** No dosage adjustment is necessary for patients with hepatic impairment. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and it may be useful to monitor renal function (See PRECAUTIONS, Geriatric Use).

**Use in children** Safety and effectiveness of CHANTIX in pediatric patients have not been established; therefore, CHANTIX is not recommended for use in patients under 18 years of age.

Rx only

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