

Section 4 - Respiratory System

4.1. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Structure of the respiratory system

4.1.1	Lower respiratory tract	A	The nose, nasal cavity and pharynx
4.1.2	Bronchial tree	B	Warms, moistens air and traps dust in mucus lining
4.1.3	Upper respiratory tract	C	The larynx, trachea, bronchi and lungs
4.1.4	Nose, nasal cavity and sinuses	D	Includes conducting and respiratory zones and is the extensive branching of bronchi in each lung.
4.1.5	Conducting zone	E	The area where gaseous exchange occurs in the respiratory bronchioles, alveolar sacs and alveoli.
4.1.6	Respiratory zone	F	Transports air between respiratory zone and the environment

4.2. State TRUE or FALSE for the following statements about Pulmonary circulation, Respiration and Regulation of breathing

4.2.1. The lungs receive right side of the heart via the pulmonary arteries and blood returns to the left side of the heart via the pulmonary veins.

- True | False

4.2.2. The diaphragm is a muscle which necessary for ventilation

- True | False

4.2.3. An example of voluntary breathing is when we blow up a balloon

- True | False

4.2.4. Gaseous exchange is dependent on the process called diffusion

- True | False

4.2.5. Involuntary breathing is when we consciously control our breathing

- True | False

4.2.6. The Rhythmicity centre controls involuntary breathing by monitoring oxygen, carbon dioxide and blood pH levels

- True | False

4.3. Link the condition in column A to the most important products you could recommend in column B.

4.3.1	Hayfever (allergic rhinitis)	A	Pollinosan & Allergy Formula
4.3.2	Sinusitis	B	Lung Formula & Echinaforce
4.3.3	Sore throat (Pharyngitis)	C	Echinaforce Sore Throat Spray
4.3.4	Colds	D	Echinaforce and Mucoforce
4.3.5	Cough (lower respiratory tract infection)	E	Sinuforce & Echinaforce
4.3.6	Asthma and tight chest	F	Echinaforce & Cough Formula

4.4. State TRUE or FALSE for the following statements about Echinaforce Sore Throat Spray

- 4.4.1. Works only in the mouth and throat (must spit it out after spraying)
- True | False
- 4.4.2. Kills both common bacteria and viruses of the throat
- True | False
- 4.4.3. As effective as routine throat sprays for sore throat
- True | False
- 4.4.4. Can be used to treat pain, inflammation and infections of the mouth and throat
- True | False
- 4.4.5. Contains A. Vogel Echinaforce and fresh, organic Sage and peppermint
- True | False
- 4.4.6. It's antibacterial, antiviral and anti-inflammatory
- True | False

4.5. Echinaforce is a very unique form of Echinacea, indicate TRUE or FALSE for the following statements:

- 4.5.1. It's made from *Echinacea angustifolia* species
- True | False
- 4.5.2. It has a well-established mode of action
- True | False
- 4.5.3. It's only produced from fresh *Echinacea purpurea*
- True | False
- 4.5.4. New Echinacea seeds are purchased every year by A.Vogel
- True | False
- 4.5.5. It is the most researched Echinacea product in the world
- True | False
- 4.5.6. It is produced using 95% aerial parts and 5% roots
- True | False

4.6. Indicate TRUE or FALSE for the following statements about the Research on Echinaforce.

4.6.1. It is used to prevent and treat cold and flu

- True | False

4.6.2. Its an immune booster i.e. it boosts the immune system whether its needed or not

- True | False

4.6.3. It shortens the duration of illness and reduces the severity of colds and flu

- True | False

4.6.4. By preventing secondary bacterial infections it reduces the need for antibiotics in those with colds and flu

- True | False

4.6.5. It has only been tested on adults

- True | False

4.6.6. Its antiviral, antibacterial and anti-inflammatory

- True | False

4.7. Indicate TRUE or FALSE for the following statements about Echinaforce Junior.

4.7.1. Can only be taken by children who can swallow a tablet

- True | False

4.7.2. Used preventively it reduces cold and flu by 32% and days with fever by 67.3%

- True | False

4.7.3. Not yet tested in children

- True | False

4.7.4. In children 4-12 years, the prevention dose is 3 tablets daily and the treatment dose is 5 tablets daily

- True | False

4.7.5. It reduces the risk of bacterial complications by 65% and thus the need for antibiotics is reduced by 76.3%

- True | False

4.7.6. Made from fresh *Echinacea purpurea* in 95:5% ratio of aerial parts to root

- True | False

4.8. Echinaforce is known for its antiviral effects, indicate TRUE or FALSE for the following statements:

4.8.1. Its effective against influenza A & B

- True | False

4.8.2. It directly kills viruses and prevents them from infecting cells

- True | False

4.8.3. Viruses can easily become resistant to Echinaforce

- True | False

4.8.4. It has been shown to directly kill coronaviruses and their variants

- True | False

4.8.5. It reduces the inflammation that viruses cause when infecting the body

- True | False

4.8.6. Most of the symptoms, runny nose, congestion, mucus, cough are because of the inflammation the virus triggers in the body

- True | False