ColdZyme cold spray reduces sickness absence among preschool staff

Enzymatica has evaluated ColdZyme® Mouth Spray against common cold, for colds among preschool staff during the cold season. The results show that the use of ColdZyme reduced sickness absence by more than three days, from 7.4 to 4.1 days. In cases where the staff in the study did catch a cold, the symptoms of infection were less severe.

Enzymatica conducted an observation study with 15 subjects whom used ColdZyme to prevent colds during “the common cold season” (October-March). The 15 subjects, whom work at a preschool centre, all completed the study. Participants were instructed to use ColdZyme as soon as they were exposed to colds, and to use ColdZyme at the first sign of cold symptoms and to continue until the symptoms disappeared. Sickness absence records, for the control period during the previous winter, were available for the participants.

The purpose of the study was to evaluate whether ColdZyme can be used to prevent colds or to reduce the duration and severity of colds among preschool staff, thereby reducing socio-economic costs. Conditions at preschool centres are conducive to the spread of infections. An infected child can easily infect the staff, resulting in reduced work capacity and sickness absence.

The study results show that when taken preventively and at the first signs of cold symptoms, ColdZyme reduced short-term sick leave among personnel from 7.4 to 4.1 days during a six-month period compared with the control period. As a result, average sickness absence decreased by 3.3 days. In addition, study participants reported that they had not noticed any side effects when using ColdZyme.

“We have previously conducted similar studies for other groups such as elderly care home staff and elite athletes. Just as in these studies, our latest evaluation of preschool staff shows that ColdZyme is an effective way to reduce both duration of illness and the severity of colds” says Fredrik Lindberg, CEO of Enzymatica.

A previous study¹ in Sweden has shown that the total cost and productivity loss due to sick leave because of colds and allergies (rhinitis) is 5.1 days, or just over SEK 5,000 per person per year. Reducing sick leave by one day per person per year could entail savings of over SEK 4 billion.

The current study among preschool staff supports the findings from a previous cold study – COLDPREV² – that ColdZyme reduces the quantity of virus by up to 99% and can reduce the number of sick days by more than half.

Link to preschool study: [https://doi.org/10.4236/ojrd.2017.74014](https://doi.org/10.4236/ojrd.2017.74014)

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About Enzymatica AB

Enzymatica AB is a life science company that develops and sells medical devices against infectious diseases. The products are based on a barrier technology, which includes marine enzymes. The company’s first product is ColdZyme® Mouth Spray that can prevent cold, and can shorten the disease period. The product has been launched in about ten markets. The strategy is to continue to grow by strengthening its position in existing markets and expanding to more geographic markets through established partners. The company is headquartered in Lund and is listed on Nasdaq First North. For more information, visit: [www.enzymatica.com](http://www.enzymatica.com)

² Clarsund et al, Common cold prophylaxis using ColdZyme Mouth Spray, Congress of the Nordic Association of Otolaryngology Copenhagen

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