# Mayo Clinic Minute: Can honey help with coughs?

A spoonful of sugar might help the medicine go down, but the medicine is honey, in this case.

**Angela Mattke, M.D.**

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"Honey is safe for anyone ages 1 and above. And it's been shown to be effective and safe for both children and adults."

Dr. Angela Mattke says adding honey to warm water or tea, or just a spoonful of honey itself can help with coughs.

"It has been shown to be more effective than over-the-counter cough medications."

Honey helps by soothing the throat and coating cough receptors. Here are her recommendations for children over age 1.

"You can start with a half a teaspoon to a teaspoon, some type of warm liquid. As they get older and they're able to easily more swallow the honey, you can just give it to them directly on a teaspoon."

She recommends using a teaspoon every two hours. And this dosage applies equally to adults.

"And if you do choose to give honey for cough suppression, we would recommend that you use a pasteurized honey."

For the Mayo Clinic News Network, I’m DeeDee Stiepan.