[CLAIMS]

[Claim 1]

A tablet comprising a *Pelargonium sidoides* extract and calcium silicate, at a weight ratio of 1:1.5 to 1:5.

[Claim 2]

The tablet according to claim 1, further comprising povidone and croscarmellose sodium.

[Claim 3]

The tablet according to claim 1, wherein the calcium silicate adsorbs the *Pelargonium sidoides* extract.

[Claim 4]

The tablet according to claim 1, wherein the extract is obtained by performing extraction using one selected from the group consisting of water, ethanol, methanol, propanol and butanol, or a mixture of two or more thereof as a solvent.

[Claim 5]

The tablet according to any one of claims 1 to 4 for use in the treatment of respiratory diseases.

[Claim 6]

The tablet according to claim 5, wherein the respiratory disease is one or more selected from the group consisting of cold, cough, asthma, tonsillitis, sore throat, tuberculosis, and chronic bronchitis.

[Claim 7]

A method for preparing a tablet by mixing a *Pelargonium sidoides* extract with calcium silicate, at a weight ratio of 1:1.5 to 1:5.