

ECHINACEA FACTSHEET

Echinacea has become one of the most popular herbal preparations for the prevention and treatment of colds and flu in both Europe and the United States. In Europe, Echinacea preparations are primarily used to stimulate the immune system and “help the body resist common cold infections affecting the throat and nasal passages”.

There are 3 different types of Echinacea species (Purpurea, Angustifolia and Pallida) – each of which possess various concentrations of active compounds in different parts of each plant.

The most important immune-stimulating components are the large polysaccharides, such as Inulin, that increase the production of T-cells and increase other natural killer cell activity. Echinacea aids in the production of interferon and has increased antiviral activity against Influenza (flu), Herpes, and inflammation of the skin and mouth. It may reduce the severity of symptoms such as runny nose and sore throat, reduce the duration of illness and is also good for healing minor wounds

Side Effects and Cautions

Echinacea often causes a tingling sensation on the tongue. This is normal and not harmful. The medical literature contains no report of Echinacea toxicity.

When taken as directed, little or no toxicity is associated with acute Echinacea use. Anyone who has Leukaemia or HIV should consult the person monitoring their treatment before considering taking Echinacea.

INGREDIENTS INFORMATION:

Serving Size 2 Capsules

Servings Per Container: 50

<u>Each Capsule Contains:</u>	
Echinacea Purpurea powder (root)	400 mg

WARNING: Consult your GP before use if you are taking prescription medication, under a doctor’s care, are pregnant or breastfeeding.

Does not contain yeast, corn, wheat, salt, milk, sugar, soy, preservatives