



## Echinacea GLYCERITE

PREVENTS COLDS  
Cold & Flu

NPN 80017613

30 ml

### Each ml contains

Echinacea purpurea	fresh root	<i>Echinacea purpurea</i>	1:4	224 mg	Organic
Echinacea angustifolia	fresh root	<i>Echinacea angustifolia</i>	1:4	56 mg	Organic
Pure vegetable glycerin, certified organic					

### DOSAGE

#### TODDLER UNDER 2 YEARS

Consult a health care practitioner.

#### CHILDREN 2-4 YEARS

INTERVENTION: 0.2 ml, 4 to 6 times per day, maximum of 3 days.

TREATMENT: 0.33 ml, 2 to 3 times per day.

#### CHILDREN 5-9 YEARS

INTERVENTION: 0.37 ml, 4 to 6 times per day, maximum of 3 days.

TREATMENT: 0.5 ml, 2 to 3 times per day.

#### ADOLESCENT 10-14 YEARS

INTERVENTION: 0.75 ml, 4 to 6 times per day, maximum of 3 days.

TREATMENT: 1 ml, 2 to 4 times per day.

### DIRECTION FOR USE

Dilute in a mouthful of water.

Take 15 to 30 minutes before meals.

### MODE OF ACTION

Echinacea glycerite is used mainly to prevent infection in children. As per the North-American tradition, we use echinacea roots to make this extract because they contain more active principles than the aerial parts. This compound is particularly efficient because it is made from two species of echinacea, *E. purpurea* and *E. angustifolia*, which contain complementary active principles. Many of echinacea's constituents support the immune system and increase the body's defense mechanisms against pathogens. Studies have shown that the proper use of echinacea decreases the frequency of bacterial and viral infections. It can also be used as a treatment to reduce the intensity of infections, which reduces the risk of complications. The antibacterial and antiviral properties of this extract, as well as its capacity to activate the immune system, help the body fight infection efficiently.

One of the main actions of echinacea is to inhibit hyaluronidase, an enzyme which degrades hyaluronic acid. An increased amount of hyaluronic acid increases the integrity of the tissues, thereby slowing the propagation of pathogens. The alkylamides contained in echinacea inhibit the inflammation of the mucus membranes and significantly reduce symptoms of cold and flu. Its analgesic and anti-inflammatory actions help relieve sore throat and muscle pain and reduce nasal drip.

Echinacea inhibits the *Herpes simplex* virus and acts on many strains of the *Candida* yeast. It is especially interesting for systemic

*Candida* infections. It can also be used as an antimicrobial to treat urinary tract infections.

The main constituents of echinacea are polysaccharides (inulin, echinacin B), phenolic compounds (derived from caffeic acid, cichoric acid and echinacoside), flavonoids, fatty acids, polyacetalenes, alkylamides and volatile compounds.

### HELPFUL ASSOCIATIONS

ELDER BERRY in prevention or treatment for viral infections.

ASTRAGALUS decoction to prevent recurring infections.

COLD & FLU TEA to reduce symptoms of cold and flu.

PLANTAIN SYRUP for cough, irritation and congestion of the bronchi.

SWEET MALLOW for sore throat.

MARSHMALLOW decoction for irritation of respiratory tract and dry cough.

LULLABY for fitful sleep during an infection.

THYME infusion for respiratory catarrh, spasmodic cough and yeast infection.

### ETHNOBOTANY

**Immune system:** recurring infection, immune tonic, cold, flu, ear ache, sinusitis, respiratory tract infection, sore throat, tonsillitis, laryngitis, viral infection (herpes, mononucleosis).

### HISTORY

Many varieties of echinacea have long been used by First Nations for their medicinal virtues. They used the root to heal wounds, sore throat, respiratory infections, fever and snake bites. John King wrote an article in 1887 to introduce *E. angustifolia* to the medical community and in 1895, John Uri Lloyd added the first product made with echinacea to the American pharmacopeia. In the same year, German homeopathic doctors started using echinacea. Since the 1940's, over 350 scientific studies have been conducted on echinacea and have proven its effectiveness on many conditions.

### CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or worsen or if using for longer than 8 weeks.

### INTERACTIONS

Do not take if using immune suppressors.

## REFERENCES

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten or GMOs.

