



## Echinacea TINCTURE

### PREVENTS INFECTIONS

Prevents respiratory tract infections

NPN 80017670

50 ml

#### Each ml contains

Echinacea purpurea	fresh root	<i>Echinacea purpurea</i>	1:2	362 mg	Organic
Echinacea angustifolia	fresh root	<i>Echinacea angustifolia</i>	1:2	90 mg	Organic
Alcohol 30% to 40%, certified organic					

#### DOSAGE

**INTERVENTION:** 1 ml, 3 to 8 times a day, maximum of 1 week.

**TREATMENT:** 2 ml, 2 to 4 times a day, maximum of 8 weeks.

Children (8-12 years old): 1 ml, 2 times a day.

#### DIRECTIONS FOR USE

Dilute tincture in a mouthful of water. Shake before using. For long-term use, give 6 days out of 7. Use undiluted for sore throat.

#### MODE OF ACTION

Echinacea is used to prevent and treat infections. It is especially efficient when used at the first signs of respiratory infections, ear-nose-throat infections, colds and flu. Its antibacterial and antiviral properties slow the replication of micro-organisms that cause infection. The immune-modulating effects of echinacea strengthen the body's natural defenses. Echinacea activates macrophages which destroy viruses and which are responsible for humoral and cellular immune responses. Echinacea root also stimulates phagocytosis and the production of interferon. During the acute phase of an infection, it is used in small frequent doses to kill bacteria. This action on pathogens combined with its strengthening of the immune system reduces the intensity and duration of infections.

In prevention, echinacea helps the body resist pathogens from the environment. As per the North-American tradition, our extract is made from the roots, which have a higher concentration of active principles than the aerial parts. Combining *Echinacea purpurea* (antibacterial) and *Echinacea angustifolia* (immune tonic) gives optimal results.

As well as being a pain-reliever, echinacea slows the inflammatory reaction initiated by certain bacteria. Its inhibitory action on hyaluronidase helps maintain the integrity of the tissues which slows the propagation of pathogens. This reduces the symptoms such as sore throat and nasal congestion.

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

Echinacea inhibits the *Herpes simplex* virus, reduces the propagation of *Trichomonas vaginalis* and is active against many

strains of *Candida*. It is especially useful for systemic *Candida* infections. It can also be used when treating urinary infections.

#### HELPFUL ASSOCIATIONS

**COLD & FLU TEA** infusion or **CONGESTOP**, to reduce cold and flu symptoms.

**PULMONA TEA** for respiratory tract infections.

**PLANTAIN SYRUP** for coughs, irritation and congestion of the bronchi.

**SINUSTOP** for sinusitis, runny nose, seasonal allergies.

**ASTRAGALUS** infusion in prevention against recurring infections.

#### ETHNOBOTANY

**Immune system:** colds, flu, earache, sinusitis, respiratory tract infection, sore throat, tonsillitis, laryngitis, rhinitis, viral infection such as herpes and mononucleosis.

**Genito-urinary system:** vaginitis caused by *T. vaginalis*, cystitis, prostatitis.

**Other:** gingivitis, mouth sores, cancer, low white blood cell count due to chemotherapy, mastitis, asthma.

**External use:** *Staphylococcus* infection, eczema, psoriasis, boils, varicose ulcers, abscess, herpes, fungal infection, acne.

#### HISTORY

Many species 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.

#### INTERACTIONS

Consult a health care practitioner before using if you take immune suppressants.

## REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. Boca Raton: CRC Press; 2013.
- Alschuler Lise. Southwest Conference on Botanical Medicine. Botanical Medicine; 2017.
- Barnes J., Anderson L.A., Phillipson J.D. Herbal medicines, 3rd Edition. London: Pharmaceutical Press; 2007.
- Benson J.M., Pokorny J.A., Rhule A., Wenner C.A., Kandhi V., Cech N.B., Shepherd D.M. Echinacea purpurea extracts modulate murine dendritic cell fate and function. Food Chem Toxicol. 2010 May; 48(5): 1170–1177. doi: 10.1016/j.fct.2010.02.007; 2010.
- Blumenthal, Goldberg, Brinckmann. Herbal Medicine: Expanded Commission E Monographs. Newton: Integrative Medicine Communications; 2000.
- Blumenthal Mark. The ABC Clinical Guide to Herbs. Austin: American Botanical Council. 2003.
- Bone, Kerry. A clinical Guide to Blending Liquid Herbs. St. Louis: Churchill Livingstone; 2003.
- Boon H., Smith M. The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs. Toronto: Robert Rose; 2004.
- Bove Mary. An Encyclopedia of Natural Healing for Children and Infants. New York: Keats Publishing; 2001.
- Bradley Peter. British Herbal Compendium, Volume 2. Bournemouth: British Herbal Medicine Association; 2006.
- Buhner Stephen Harrod. Herbal Antibiotics 2nd Edition. North Adams: Storey Publishing; 2012.
- Caruso T.J., Gwaltney J.M. Jr. Treatment of the common cold with echinacea: a structured review. Clin Infectious Diseases. 2005; 40 807-810; 2005.
- Chandler Frank. Herbs Everyday Reference for Health Professionals. Nepean: Canadian Pharmacists Association and the Canadian Medical Association; 2000.
- Christopher John R. School of Natural Healing. Provo: Christopher Publications; 1976.
- Cohen H.A., Varsano I., Kahan E., Sarrell E.M., Uziel Y. Effectiveness of an herbal preparation containing echinacea, propolis, and vitamin C in preventing respiratory tract infections in children: A randomized, double-blind, placebo-controlled, multicenter study. Arch Pediatr Adolesc Med. 2004; 158:217–221; 2004.
- Duke J.A., Bogenschutz-Godwin M.J., duCellier J., Duke P.-A. K. Handbook of Medicinal Herbs, 2nd Edition. Boca Raton: CRC Press; 2002.
- European Scientific Cooperative On Phytotherapy. ESCOP Monographs: The Scientific Foundation for Herbal Products, 2nd Edition. New York: Thieme; 2003.
- Fetrow C.W., Avila J.R. Professional's Handbook of Complementary & Alternative Medicines, 3rd Edition. Springhouse: Lippincott Williams & Wilkins; 2004.
- Fonseca F.N., Papanicolaou G., Linc H., Laud C.B.S., Kennelly E.J., Cassiletha B.R., Cunningham-Rundles S. Echinacea purpurea (L.) Moench modulates human T-cell cytokine response. Int Immunopharmacol. 2014 March ; 19(1): 94–102. doi:10.1016/j.intimp.2013.12.019; 2014.
- Gagnon C., Lanctôt-Bédard V. Materia Medica: Flora Medicina; 2009.
- Ghaemi A., Soleimanjahi H., Gill P., Arefian E., Soudi S., Hassan Z. Echinacea purpurea Polysaccharide Reduces the Latency Rate in Herpes Simplex Virus Type-1 Infections. Intervirology 2009; 52:29–34 DOI: 10.1159/000212988; 2009.
- Gladstar R., Hirsch P. Planting the Future. Rochester: Healing Arts Press; 2000.
- Hall H., Fahlman M.M., Engels H.J. Echinacea purpurea and mucosal immunity. Int J Sports Med. Apr 13; 2007.
- Hobbs Christopher. Echinacea, The Immune Herb. Loveland: Interweave Press; 1990.
- Health Canada. Monograph on Echinacea Angustifolia. 2013.
- Health Canada. Monograph on Echinacea Purpurea. 2013.
- Hoffmann David. Medical Herbalism. Rochester; Healing Arts Press; 2003.
- Hudson James B. Review Article Applications of the Phytomedicine Echinacea purpurea (Purple Coneflower) in Infectious Diseases. Vancouver: Hindawi Publishing Corporation Journal of Biomedicine and Biotechnology Volume 2012, Article ID 769896, doi:10.1155/2012/769896; 2011.
- Islam J., Carter R. Use of Echinacea in upper respiratory tract infection. Southern Med J. March 2005;98(3) 311-318; 2005.
- LaLone C.A., Rizshsky L., Hammer K.D.P., Wu L., Solco A.K.S., Yum M., Nikolau B.J., Wurtele E.S., Murphy P.A., Kim M., Birt D.F. Endogenous levels of Echinacea alkylamides and ketones are important contributors to the inhibition of prostaglandin E2 and nitric oxide production in cultured macrophages. J Agric Food Chem. 2009 October 14; 57(19): 8820–8830. doi:10.1021/jf901202y; 2009.
- Langland Jeffrey. Southwest Conference on Botanical Medicine. Botanical Medicine; 2017.
- Leung A.Y., Foster S. Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, 2nd Edition. New York: Wiley-Interscience Publication; 1996.
- Peirce Andrea. Practical Guide to Natural Medicines. New York: The Stonesong Press; 1999.
- Ragupathi G., Hood C., Simon Yeung K., Vickers A., Hood C., Deng G., Cheung N.-K., Vickers A., Cassileth B., Livingston P. Evaluation of Widely Consumed Botanicals as Immunological Adjuvants. Vaccine. 2008 September 2; 26(37): 4860–4865. doi:10.1016/j.vaccine.2008.06.098. 2008.
- Rauš K., Pleschka S., Klein P., Schoop R., Fisher P. Echinaforce Hotdrink versus oseltamivir in influenza: A randomized, double-blind, double dummy, multicenter, noninferiority clinical trial. Curr Ther Res. 2015; [epub ahead of print]. doi: 10.1016/j.curtheres.2015.04.001; 2015.
- Stargrove M.B., Treasure J., McKee D.L. Herb, Nutrient and Drug Interactions. St-Louis: Mosby Elsevier; 2008.
- Stevenson L.M., Matthias A., Banbury L., Penman K.G., Bone K.M., Leach D., Lehmann R.P. Modulation of macrophage immune responses by Echinacea. Molecules 2005, 10, 1279–1285; 2005.
- Upton Roy. AHP Therapeutic Compendium: Echinacea purpurea Root. Denver: American Herbal Pharmacopoeia; 2004.
- Wade C., Friedrich J.A. Propolis Power Plus. New Canaan: Keats Publishing; 1996.
- Weiss R.F., Fintelmann V. Herbal Medicine, 2nd Edition. New York, Thieme, 2000.
- Williamson E.M. Potter's Herbal Cyclopeadia. Essex: The C.W. Daniel Company Limited; 2003.
- Williamson E., Driver S., Baxter K. Stockley's Herbal Medicines Interactions. Grayslake: Pharmaceutical Press; 2009.
- Winston David. Southwest Conference on Botanical Medicine. Botanical Medicine; 2017.
- Wichtl Max. Herbal Drugs and Phytopharmaceuticals. Stuttgart: N.G. Bisset Ed.; 1994.
- Woelkart K., Koidl C., Grisold A. et al. Bioavailability and pharmacokinetics of alkamides from the roots of Echinacea angustifolia in humans. J Clin Pharmacol. 2005;45 683–689; 2005.

Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

