



Usnea TINCTURE

ANTIVIRAL

Viral infections of respiratory tract

NPN 80010639

50 ml

Each ml contains

Usnea	fresh thallus	<i>Usnea barbata</i>	1:3	333 mg	Organic
Alcohol 48% to 53%, certified organic					

DOSAGE

Intervention: 2 ml, 3 to 6 times a day, for 1 week.

Treatment: 1.75 ml-2.25 ml, 2 to 3 times a day, for 2 to 4 weeks.

DIRECTIONS FOR USE

Shake before using. Dilute in a mouthful of water. For long-term use, take 6 days out of 7.

MODE OF ACTION

Usnea is a broad spectrum antimicrobial and antiviral with a particular affinity for the lungs and bronchi. It not only protects against pathogens, but it soothes and relieves irritation of the mucus membrane of the bronchi. It increases the elasticity of the tissues, relaxes muscles of the bronchi and eases expectoration. If used at the first signs of irritation or infection of the respiratory tract, usnea protects those with fragile bronchi. It helps fight off infection, strengthens immunity and reduces the risk of bronchitis and sinusitis. As an antipyretic, usnea is indicated for infections accompanied by fever.

The antibacterial action of usnea is mostly attributable to usnic acid, which is most effective on Gram-positive bacteria such as *streptococcus* and *pneumococcus*. The combination of mucilage and phenolic compounds make usnea an excellent herb to treat Strep throat. It also acts on some strains of Gram-negative bacteria of the digestive tract (*H. pylori*, *E. coli*). Analgesic and antiviral, usnea is useful against several viruses, among them Herpes simplex and Epstein-Barr. It is used topically to treat skin conditions caused by *Staphylococcus Aureus*.

Usnea's main active constituents are acids (usnic, diffractaic, lichenic, barbatic, lobaric) which are responsible for its antibiotic properties. It also contains polysaccharides, mucilages, bitter principles, essential fatty acids (linoleic, oleic and arachidonic), sterols, amino acids and vitamins (C, carotene).

It is an antifungal used for fungus infections of the genito-urinary tract. It is used internally and externally by women to treat yeast infections caused by *Trichomonas vaginalis*. Usnea is used in the treatment of fungus infections of the bladder and for intestinal dysbiosis caused by *Candida Albicans* or by certain intestinal parasites. It is anti-inflammatory and helps reduce symptoms of intestinal inflammation.

HELPFUL ASSOCIATIONS

PULMONA TEA to protect weak bronchi in colds and flu.

BRONCHIX for bronchitis and irritation of the bronchi.

ELDER BERRY tincture or decoction, as prevention or treatment of cold and flu.

PARASITIX for parasites and mycosis.

SINUSTOP for sinusitis.

ETHNOBOTANY

Respiratory system: bronchitis (prevention and treatment), sinusitis, whooping cough, tuberculosis, cough associated to pneumonia.

Integumentary system: impetigo, fungal infection, athlete's foot, boils, acne, ringworm.

Immune system: lupus.

Other: bladder infection, vaginitis, *Streptococcus* infection, tonsillitis, *Candida* infection, cancer and for oral health, mononucleosis.

HISTORY

Usnea is a northern lichen made from the symbiosis of a mushroom and an algae. The Chinese have known about its antibiotic virtues for 3000 years. It seems that Hippocrates recommended usnea for uterine pain and that the name *usnea* has been around since the time of the Arab School of Medicine and Pharmacy. The discovery of penicillin during the Second World War spurred a search for other herbs containing antibiotic substances. The traditional uses of lichens came to the attention of researchers as early as 1944, with the unfortunate consequence that usnea is now on the protected plant list in Germany. Nepal also protects usnea from over-harvesting. On this side of the Atlantic, researchers have confirmed the presence of antibiotic substances in 52 North American lichens. Of those, usnea is the most used.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or worsen. Do not use during pregnancy and breastfeeding.

INTERACTIONS

None known.

REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. CRC Press: Boca Raton; 2013.
- Basappa K., Venu Gopal J. Natural Alternatives to Antibiotic Agents. Asian Journal of Biomedical and Pharmaceutical Sciences 03 (24) 1-4: Guwathati, Assam; 2013.
- Bergner Paul. Medical Herbalism, volume 13, number 4; 2003.
- Blumenthal, Goldberg, Brinckmann. Herbal Medicine: Expanded Commission E Monographs. Newton: Integrative Medicine Communications; 2000.
- Bove Mary. An Encyclopedia of Natural Healing for Children and Infants, 2nd Edition. Chicago: Keats Publishing; 2001.
- Buhner Stephen. Herbal Antibiotics, 2nd Edition. North Adams: Storey Books Publishing; 2012.
- Chaitow Leon. The Antibiotic Crisis. London: Thorsons; 1998.
- Cooper R., Kronenberg F. Botanical Medicine. New Rochelle: Mary Ann Liebert Inc. Publishers; 2009.
- Frankos Vasilios.H. NTP Nomination for Usnic Acid and Usnea Barbata Herb. College Park: FDA, Division of Dietary Supplement Programs; 2005.
- Gagnon C., Lanctôt-Bédard V. Materia Medica; Flora Medicina; 2009.
- Guo L., Shi Q., Fang J.-L., Mei N., Afshan Ali A., Lewis S.M., Leakey J.E.A., Frankos V.H. Study of the cytotoxic and antimicrobial activities of usnic acid and derivatives. Jefferson: J Environ Sci Health C Environ Carcinog Ecotoxicol Rev.; 26(4): 317–338. doi: 10.1080/10590500802533392; 2006.
- Hobbs Christopher. Usnea: The Herbal Antibiotic. Capitola: Botanica Press; 1986.
- Hobbs Christopher. Medicine from the Earth: Preventing and Treating Infections. Botanical Medicine; 2016.
- Hoffmann David. Medical Herbalism. Rochester; Healing Arts Press; 2003.
- Jellin J.M., Gregory P.J., Batz F., Hitchens K. et al. Pharmacist's Letter/ Prescriber's Letter Natural Medicines Comprehensive Database, 5th Edition. Stockton: Therapeutic Research Faculty; 2003.
- Madamombe I.T., Afolayan A.J. Evaluation of Antimicrobial Activity of Extracts from South African Usnea barbata. Pharmaceutical Biology, 41:3, 199-202, DOI: 10.1076/phbi.41.3.199.15089; 2003.
- Marles R.J., Clavelle C., Monteleone L., Tays N., Burns D. Aboriginal plant Use in Canada's Northwest Boreal Forest. Vancouver: UBC Press; 2000.
- Moerman Daniel E. Native American Ethnobotany. Portland: Timber Press; 1998.
- Quirin K.-W. Herbal Extracts Used for Skincare Cosmetics Herbal CO2 extracts for skincare cosmetics. Global Cosmetics Manufacturing; 2004.
- Ranković B., Kosanić M., Stanojković T., Vasiljević P., Manojlović N. Biological Activities of Toninia candida and Usnea barbata Together with Their Norstictic Acid and Usnic Acid Constituents. Kragujevac. International Journal of Molecular Sciences 13, 14707-14722; doi:10.3390/ijms131114707; 2012.
- Reuter J., Merfort I., Schempp C.M. Botanicals in dermatology: an evidence-based review. Am J Clin Dermatol.;11(4):247-267; 2010.
- Romm Aviva. Botanical medicine for women's health. St. Louis; Churchill Livingstone; 2010.
- Tierra Michael. The Way of Herbs. New York: Pocket Books; 1990.
- Tilgner Sharol Marie. Herbal Medicine from the Heart of the Earth, 2nd Edition. Pleasant Hill: Wise Acres LLC; 2009.
- Ulbricht Catherine E. Natural Standard Herb & Supplement Guide. Maryland Height: Mosby Elsevier; 2010.
- Weiss R.F., Fintelmann V. Herbal Medicine, 2nd Edition. New York: Thieme; 2000.
- Winston David. Southwest Conference on Botanical Medicine. Botanical Medicine; 2017.
- Yarnell, Eric. Botanical Medicine in Pregnancy and Lactation. Alternative & Complementary Therapies, April; 1997.
- Zugic A., Jeremic I., Isakovic A., Arsic I., Savic S., Tadic V. Evaluation of Anticancer and Antioxidant Activity of a Commercially Available CO2 Supercritical Extract of Old Man's Beard (Usnea barbata). Cairo: PLoS ONE 11(1): e0146342. doi:10.1371/ Journal.Pone.0146342; 2016.

Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

