



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.



Milk Thistle TINCTURE

LIVER AND DIGESTION

Liver protection

NPN 80009377

50 ml

Each ml contains

Milk Thistle	seed	<i>Silybum marianum</i>	1:2	468 mg	Organic
Alcohol, 55% to 60%, certified organic					

DOSAGE

INTERVENTION: 2 ml, 3 to 5 times per day, for 7 to 14 days. Maximum dose: 10 ml per day.

TREATMENT: 1.5-3 ml, 1 or 2 times per day, for minimum 3 weeks. Repeat as needed.

DIRECTIONS FOR USE

Dilute tincture in a sip of water.

For long-term treatment, take 6 days out of 7.

Milk thistle must be taken in large doses due to its low solubility and absorption. Doses can also be divided to counter the rapid degradation of this herb's active principles.

MECHANISM OF ACTION

Milk thistle's silymarin has been shown to stop liver cells from degenerating, in addition to being regenerative and antioxidant. Silymarin is made up of four flavonolignans: silybin, isosilybin, silychristin and silydianin. However, this herb's medicinal action is not limited to its flavonolignans. Its flavonoids have a complementary action, protecting the liver cells. The alcohol use for extraction is particularly sensitive. Flavonolignans are soluble in alcohol (not in water), while flavonoids are only water-soluble. Our collaborative research has led us to find the ideal alcohol content for powerful, balanced extraction.

Part of milk thistle's characteristic action is concentrated on protecting the liver. Silymarin is a powerful cancer cell proliferation inhibitor. It reduces liver cell destruction and decreases inflammation. It acts on the parenchyma's cell membranes and keeps poisons from entering, thus preventing and repairing liver damage. Milk thistle is also highly effective at potentiating the liver thanks to its neutralizing and filtering properties. It supports the liver in neutralizing and eliminating exogenous poisons and toxins and protects it from intoxicants, poisons and environmental toxins.

Milk thistle is used to rebuild the livers of alcoholics. It has demonstrated a capacity to reduce (or delay) the development of cirrhosis caused by alcohol abuse and is excellent at preventing hangovers. It potentiates the liver's ability to metabolize alcohol and quickly remove it from the blood stream, which reduces side effects like headaches, nausea, dizziness and fatigue.

Considerable medical research has been conducted on this plant in the last 20 years, with animal testing and clinical studies. Recent studies document milk thistle's complementary action in treating diabetes (mainly in combination with herbs containing berberine, to facilitate their absorption), its ability to counter liver fibrosis in degenerative diseases like hepatitis B and potentiate antibiotics

(stopping the antibiotic from being degraded in the cells, thus prolonging its action and keeping bacteria from becoming antibiotic-resistant). While mainly in the early stages, this research illustrates milk thistle's global, systemic action.

HELPFUL ASSOCIATIONS

PURIFITOP for intoxication, hepatic congestion, eczema and psoriasis.

SWEET TUMMY for digestive and liver problems.

DEPURATIX for eczema and psoriasis.

LIVERTOP to tone the liver and gallbladder.

ASTRAGALUS capsules for toxic medical treatments like chemotherapy.

LEMON BALM for insomnia (waking up during the night) due to an overburdened liver.

ETHNOBOTANY

Liver problems: acute or chronic hepatitis, cirrhosis, jaundice, intoxication, poisoning, congested liver, tired liver, insomnia.

Digestive problems: dyspepsia, motion sickness, nausea, gas, bloating.

Skin problems: eczema, psoriasis.

Intoxication: medication, anesthesia, drug addiction, smoking, solvents, industrial chemicals and heavy metals intoxication.

HISTORY

Native to Asia Minor and Southern Europe, but already found in Northern Europe by the 16th century, milk thistle has been used to treat liver problems for over 2,000 years. Its benefits are mentioned in the Bible, the works of Pliny the Elder and literature from the Middle Ages. There is a legend that the white veins on milk thistle leaves were made by the Virgin Mary's milk falling on these plants as she helped Jesus disrobe during Herod's persecution. Milk thistle has always been very popular in vegetable gardens as a medicinal and edible herb. Used in the kitchen since the early 19th century, the leaves were eaten in salads, the stems were prepared like asparagus and the roots were enjoyed as salsifies.

CONTRA-INDICATIONS

Consult a health care professional if symptoms persist or worsen, or prior to use during pregnancy.

No contraindication for breastfeeding.

INTERACTIONS

No known drug interactions.



St. John's Wort TINCTURE

MOOD

Fights mild depression

NPN 80001801

50 ml

Each ml contains

St. John's Wort	fresh flower	<i>Hypericum perforatum</i>	1:3	272 mg	Organic
Alcohol 40% to 45%, certified organic					

DOSAGE

INTERVENTION: 1.5 ml, 3 to 4 times per day, maximum of 2 weeks.

TREATMENT: 1 ml, 3 times per day.

DIRECTIONS FOR USE

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

MODE OF ACTION

St. John's wort herb is used mainly in the treatment of mild to moderate depression and seasonal depression. It relieves symptoms of depression, stabilizes the mood and increases motivation. Its mechanism of action is complex: a few of its constituents increase the levels of certain neurotransmitters (serotonin, noradrenalin, dopamine, GABA) by inhibiting their degradation or reuptake. Hypericin is a monoamine oxidase inhibitor (MAOI), like many antidepressant drugs. St. John's wort reduces anxiety, nervousness, irritability and nervous agitation and it promotes emotional stability.

St. John's wort also has mild sedative effects. It increases the level of melatonin during the night and relieves insomnia if combined with lemon balm infusion. It has nootropic effects and is used for general anxiety and obsessive-compulsive disorder. It increases libido.

St. John's wort has a marked effect on muscle pain and cramps due to muscle tension. It relieves menstrual cramps and the irritability and anxiety of premenstrual syndrome and menopause. As well, it relieves nerve pain, spasms, muscle tension and chronic pain such as that of fibromyalgia. It is anti-inflammatory, it prevents the accumulation of lactic acid in the muscles and reduces muscle pain caused by physical effort. It therefore increases endurance in athletes.

Its antiviral properties make it useful in the treatment of cold sores, genital herpes and shingles as it acts both on the virus and the nerve pain.

Hypericum perforatum acts on the bladder and urinary tract. It is used for bedwetting in children and when there is pain, irritation and spasms of the urinary tract. St. John's wort is antibacterial, antifungal and promotes the scarring of tissues.

The main constituents of St. John's wort are naphthodianthrone (hypericin, pseudohypericin) phloroglucinols (hyperforin, adhyperforin), flavonoids (hyperin, hyperoside, isoquercetin, kaempferol, luteolin), phenolic acids (caffeic, chlorogenic, ferulic), tannins, procyanidins, carotenoids, phenols and volatile oils.

HELPFUL ASSOCIATIONS

GREEN OATSTRAW infusion for troubles of the nervous system.

SKULLCAP tincture for anxiety.

DREAMTOP or **LEMON BALM** for sleep disorders.

ELEUTHERO for fatigue and exhaustion.

MEADOWSWEET for nerve and muscle pain and for inflammation.

ETHNOBOTANY

Nervous system: mild to moderate depression, seasonal depression, mood swings, anxiety, sleep disorders, nerve pain, nervousness, irritability, agitation, stress.

Other: Bell's paralysis, trigeminal nerve pain, carpal tunnel syndrome, vulvodynia, sciatica, fibromyalgia, shingles, incontinence, muscle pain, herpes.

HISTORY

St. John's Wort has long been associated with St-John the Baptist because it flowers around the Saint's anniversary on June 24th, thus its name. It has been used since the Ancient Greeks to treat troubles of the nervous system. Hippocrates, Pliny and Gallen all mention the use of St. John's wort to heal wounds, as a pain reliever and a diuretic. In the 19th and 20th centuries, the American eclectic doctors prescribed St. John's wort for hysteria and nervous troubles with depression. Today, it is one of the most studied herbs for the treatment of mild to moderate depression.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or worsen, if you experience sleep disorders or to use it for more than 18 weeks. Do not use during pregnancy and breastfeeding.

INTERACTIONS

Avoid using with any prescription drug, including oral contraceptives.