

# Congestop CAPSULE

COLD & FLU  
Respiratory infections

NPN 80045755

85 CAPSULES

279 mg/CAPSULE



Composition					
Black Elder	flower	<i>Sambucus nigra</i>	123 mg	Organic	
Echinacea angustifolia	root	<i>Echinacea angustifolia</i>	82 mg	Organic	
Red Raspberry	leaf	<i>Rubus idaeus</i>	37 mg	Organic	
Cayenne	fruit	<i>Capsicum annum</i>	25 mg	Organic	
Bayberry	bark	<i>Myrica cerifera</i>	12mg	Wildcrafted	
Vegetable cellulose capsules					

## DOSAGE

**INTERVENTION:** 4 capsules, 2 times a day, for a maximum of 2 weeks.

**TREATMENT:** Congestop capsules are mainly used for short periods, in intervention mode.

## DIRECTIONS FOR USE

Take capsules with a little warm water or herb tea, when the stomach is nearly empty. If they are difficult to digest, take with meals.

Start with a small dose to insure herbs are well tolerated.

## MODE OF ACTION

Congestop is specifically designed to relieve symptoms of cold and flu. It decreases nasal discharge, congestion, cough and fever while decreasing the severity of the infection. A synergetic compound working on many aspects of the infection: elder is an antiviral that weakens viruses, echinacea is an immune stimulant to strengthen the immune response to the infection, red raspberry is an astringent which promotes the integrity of mucus membranes and bayberry reduces congestion and runny nose. Cayenne contributes to the synergy of this compound while stimulating blood circulation.

**ELDER FLOWER:** its antiviral action helps reduce symptoms of cold and flu such as nasal discharge, nasal congestion, cough and sore throat. As a diaphoretic, it reduces fever associated with infections as well as inflammation of the respiratory tract lining. It promotes the expectoration of mucus.

**ECHINACEA:** well known for its capacity to tone the immune response. Its well documented action on hyaluronic acid explains its short and middle-term effect on the immune response as it keeps the body's natural barriers intact. Echinacea is used for all types of infections, whether viral or bacterial, especially for upper respiratory tract infections.

**RED RASPBERRY:** contains tannins responsible for its mild astringent quality, effective against sore throats. Red raspberry also tones the mucus membranes of the respiratory tract and maintains their integrity during infections. It is also antimicrobial.

**CAYENNE:** decongestant, antibacterial and stimulates blood circulation. As a pain reliever, it is very helpful for headaches due to infection. It opens up the bronchi and optimizes the effects of the other herbs in this compound.

**BAYBERRY:** stimulates circulation and reduces fever slightly. Its astringent property helps reduce the production of mucus and nasal discharge. It promotes healing of the mucus membranes.

## HELPFUL ASSOCIATIONS

**DRASTIX** at the first signs of cold or flu.

**PULMONA TEA** for respiratory tract infections.

**SINUSTOP** capsules for sinusitis, itchy nose, seasonal allergies.

**ASTRAGALUS** decoction used in prevention when there are recurring infections.

## ETHNOBOTANY

**Immune system:** cold, flu, ear infection (prevention and treatment), viral infection, fever.

**Respiratory system:** respiratory tract infection, bronchitis, allergies, asthma, nasal irritation, chronic sinusitis, nasal congestion and discharge, sore throat, tonsillitis, cough associated to pneumonia.

## CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or worsen.

Consult a health care practitioner if there is inflammation or ulcers of the stomach.

Do not use during pregnancy or breastfeeding.

## INTERACTIONS

Avoid taking simultaneously with prescription drugs. Do not use if taking immune suppressants.

## REFERENCES

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

