

# Resist Tea INFUSION

## IMMUNE SYSTEM

Helps maintain immune health

NPN 80023627



Composition				
Astragalus	root	<i>Astragalus membranaceus</i>	625 mg	Organic
Green Oatstraw	aerial part	<i>Avena sativa</i>	375 mg	Organic
Nettle	leaf	<i>Urtica dioica</i>	375 mg	Organic
Eleuthero	root	<i>Eleutherococcus senticosus</i>	325 mg	Organic
St-John's Wort	flower	<i>Hypericum perforatum</i>	325 mg	Organic
Echinacea Angustifolia	root	<i>Echinacea angustifolia</i>	188 mg	Organic
Ginger	rhizome	<i>Zingiber officinale</i>	188 mg	Organic
Dong quai	root	<i>Angelica sinensis</i>	100 mg	Organic

### DOSAGE

**INTERVENTION:** 4-6 cups per day, for 1-2 weeks.

**TREATMENT:** 3-4 cups per day, for 2 to 4 weeks.

### DIRECTIONS FOR USE

Pour 1 litre of boiling water over 4 tbsp of herbs, cover and let steep for 10-15 minutes. Filter. Start with a small dose to insure herbs are well tolerated.

### MODE OF ACTION

Resistea infusion is a general tonic that supports the organism as a whole. It increases our immune defenses when there is fatigue, stress, when we are vulnerable to disease or in contact with sick people. Resistea infusion is also indicated when fighting off an infection, for muscle pain and chills. This herbal compound helps get through stressful periods by increasing energy, vitality and physical stamina. It supports immunity and protects the body against infectious diseases by toning our natural defenses. It has a pleasant and comforting taste similar to broth. Resistea infusion does not use up energy that we don't have. Rather, it mobilizes the energy we do have to help us adapt to difficult life situations.

**ASTRAGALUS:** adaptogen, relieves conditions accompanied by fatigue and weakness. It increases resistance and endurance and increases vital energy. Astragalus is a deep immune tonic that increases resistance to infections.

**GREEN OATSTRAW:** nutritive, calming, it normalizes the transmission of information in the nervous system and promotes regeneration of the nervous system. It is indicated in all conditions where there is fatigue and exhaustion, and when the nervous system needs support.

**ELEUTHERO:** it helps the body adapt to physical and mental stress. Its immune modulating effect increases the immune response. It supports cognitive functions and physical performance and it has antioxidant properties.

**NETTLE:** as a nutritive herb, nettle tones the body and restores strength and vitality. It stimulates metabolism, revitalises the organism and is recommended in all conditions where there is fatigue, weakness and exhaustion.

**ST-JOHN'S WORT:** nerve tonic, it stabilizes the mood, reduces anxiety, mental agitation and irritability. It is a great herb to ward off depression.

**ECHINACEA:** echinacea root is antibacterial and antiviral. Its immune modulating effect makes it ideal for prevention and treatment of infections, particularly those of the respiratory system.

**GINGER:** expectorant et diaphoretic. Ginger is a stimulant, a heart tonic and stimulates blood circulation. In this formula, it acts as a catalyzer.

**DONG QUAI:** an immune stimulant, heart tonic, lung tonic, it nourishes the blood, supports blood cells production and reduces anemia. It increases blood circulation and activates metabolism.

### HELPFUL ASSOCIATIONS

**USNEA** tincture at the first signs of a cold or a flu, or if the lungs are weak.

**ECHINACEA** tincture, at the first signs of a cold or flu.

**ELDER BERRY** tincture or decoction, as prevention or treatment of infections.

**VOCALIX** for throat irritation or sore throat.

### ETHNOBOTANY

**Immune system:** susceptibility to infection when in contact with sick people, weak lungs (prevention).

**Nervous system:** overwork, fatigue, low resistance, convalescence.

**Other:** muscle pain at the start of an infection, chills.

### CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or worsen, if you have a degenerative systemic disease, an auto-immune disease, an acute infection, a cancer or predisposition to cancer. Avoid long exposure to the sun or UV light. Do not use during pregnancy or breastfeeding or if you have hypertension. May cause benign gastro-intestinal troubles, nausea, agitation, headaches or breast pain. Hypersensitivity such as an allergy may occur; in which case, discontinue use.

The contra-indications and warnings attributed to this formula are theoretical and based on the use of each of its ingredients taken separately. These warnings do not take into consideration the fact that the herbs are in very small quantities in this compound.

### INTERACTIONS

Do not use with prescription drugs, including oral contraceptives. Consult a health care practitioner if you take antihistamines, muscle relaxants or use hormone replacement therapy.

## 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.

