



ECHINACEA & ORGANIC ECHINACEA

To Native Americans Echinacea is a sacred plant, which is used against fevers, wounds, snakebites and sore throats and to strengthen the sexual organs. It was adopted by early settlers and has since earned a reputation as an immune system booster and a blood purifier (removing or neutralising poisons), two functions that make it extremely effective in helping the body resist and fight infection.

There are three species of Echinacea that are used medicinally, *Echinacea angustifolia*, *Echinacea pallida* and *Echinacea purpurea*. Most studies have been carried out using *Echinacea purpurea*. The root contains the highest concentration of active ingredients.



The Benefits of Echinacea

Echinacea helps the body fight infection ('immune stimulant') and increases resistance when exposed to infection.

Main uses of Echinacea:

- Common cold
- Coughs/bronchitis
- Sore throats
- Influenza
- Fevers
- Yeast infection
- Infections of the urinary tract
- Poor resistance to infection



Properties

Echinacea increases the production and activities of certain types of white blood cells, called lymphocytes and macrophages. These cells remove impurities (including bacteria, viruses and yeast cells) from the blood by engulfing them and breaking them down. The components responsible for this are thought to be: Alkylamides/Polyacetylenes, Caffeic acid derivatives and Polysaccharides.

Bacteria and viruses spread into the tissues by breaking down the "glue" between cells, allowing them to penetrate further. Caffeic acid derivatives are thought to protect the "glue", called hyaluronic acid, from breakdown by bacteria and viruses and therefore slow the spread of infection. An acute anti-inflammatory response is caused by Echinacea's Alkylamides/Polyacetylenes and polysaccharides. They stimulate certain white blood cells to move spontaneously to areas of infection and kill bacteria.

Echinacea also increases interferon production, a substance produced by cells that restricts the growth of viruses.



Contra-indication/Precautions

To be used with caution in those with autoimmune diseases such as lupus, multiple sclerosis or HIV infection. Short term use only in such situations is the best policy until more facts are established.

Why Choose Natures Aid Echinacea/Organic Echinacea?

Natures Aid Echinacea is available in two forms:

- Tablets containing 125mg *Echinacea purpurea* extract, equivalent to 500mg root powder.
- Vegetarian capsules containing 400mg organic *Echinacea purpurea* powder.
- Manufactured in the UK in our state of the art purpose built facility to GMP (Good Manufacturing Practice) standards.
- SUITABLE FOR VEGETARIANS AND VEGANS



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