

# Echinacea & Goldenseal



## DESCRIPTION

This capsule provides Echinacea purpurea Root Extract 6:1, 33 mg, Goldenseal (*Hydrastis canadensis*) Root 200 mg, and 75 mg of an herbal proprietary blend per capsule.

## FUNCTIONS

This formulation has several immune enhancing ingredients including two herbs, echinacea and goldenseal. Echinacea as an herb contains many valuable medicinal compounds that support the immune system. The active constituents of echinacea work synergistically to increase the production and activity of white blood cells, lymphocytes, and macrophages. Other constituents increase the body's production of interferon. All of these play an important part as defense mechanisms of our immune system to help ward off unwanted microbes. Eighteen studies outlined in *The ABC Clinical Guide to Herbs* demonstrate the positive effects of echinacea for cold, flu, upper respiratory tract infections, candidiasis and gestational safety. Echinacea stimulates the immune system to combat microbes before they dominate an organ system when doses are large enough over an initial 12-24 hour period. This increased immune system activity helps to speed wound healing, reduce inflammation, and fight off infectious organisms.

Goldenseal has a long-standing tradition of use as an herbal remedy. It has been shown to help alleviate inflammation and irritations of the mucous membranes of the respiratory, digestive, and urinary tracts. The key active ingredients of goldenseal include the alkaloids hydrastine and berberine, both of which exhibit antibacterial action against *Staphylococcus aureus*, *Streptococcus sanguis*, *Escherichia coli*, and *Pseudomonas aeruginosa*. These two alkaloids account for goldenseal's ability to fight off unwanted microbes. Goldenseal also helps to dry up the mucous membranes.

## INDICATIONS

Echinacea & Goldenseal capsules may be a beneficial nutritional supplement for individuals wishing to obtain the natural immune-stimulating properties of this standardized botanical extract combination.

## FORMULA (WW #10049)

### 1 Capsule Contains:

*Echinacea purpurea* Root Extract 6:1 ..... 33 mg  
(Equivalent to 200 mg *E. purpurea* Root Powder)  
*Goldenseal (Hydrastis canadensis)* Root ..... 200 mg  
Proprietary Blend ..... 75 mg  
*Burdock (Arctium lappa)* Root; *Dandelion (Taraxacum officinale)* Root; *Red Clover (Trifolium pretense)* Blossoms; *Ginger (Zingiber officinale)* Root; *Cayenne (Capsicum annuum)* Fruit

Other Ingredients: capsules (gelatin and water), rice powder, magnesium stearate, and silica.

This product contains NO added sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults take 1 capsule, 3-6 times daily, or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- See DM, Broumand N, Sahl L, et al. In vitro effects of echinacea and ginseng on natural killer and antibody-dependent cell cytotoxicity in healthy subjects and chronic fatigue syndrome or acquired immunodeficiency syndrome patients. *Immunopharmacology* 1997;35:229-35.  
Elsasser-Beile U, Willenbacher W, Bartsch HH, et al. Cytokine production in leukocyte cultures during therapy with Echinacea extract. *J Clin Lab Anal* 1996;10:441-5.  
Melchart D, Linde K, Worku F, et al. Results of five randomized studies on the immunomodulatory activity of preparations of Echinacea. *J Altern Complement Med* 1995;1:145-60.  
Steinmuller C, Roesler J, Grottrup E, et al. Polysaccharides isolated from plant cell cultures of *Echinacea purpurea* enhance the resistance of immunosuppressed mice against systemic infections with *Candida albicans* and *Listeria monocytogenes*. *Int J Immunopharmacol* 1993;15:605-14.

Manufactured For:

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