

# ECHINACEA

## Ultimate Support for Healthy Immune Function \*



### ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 2 CAPSULES
Echinacea purpurea aerial parts	120 mg
Echinacea purpurea root	72 mg
Echinacea angustifolia root	72 mg
Echinacea purpurea seed	3 mg

### STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Total isobutylamides	4.4 mg
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### ACTIVATE YOUR IMMUNE SYSTEM

**E**chinacea Supreme is an alternative formula that is useful when immune support is necessary. Echinacea is an immune-stimulant, whose properties have been widely reported. The many actions of this formula make it an appropriate choice for encouraging healthy immune function, especially when respiratory support is needed.

Note: In the context of this formula, Echinacea angustifolia and Echinacea purpurea will be discussed together. While there are certainly several distinct differences between the two species, exploration of such differences will only cloud the issue unnecessarily with semantics. Simply, E. angustifolia has a much longer documented history of traditional use, while E. purpurea has been the focus of more scientific research. In practice, their actions are similar. Both species are included in this formula to offer the full benefit of their collective chemistry and individual subtleties.

Echinacea - It has been said that Native Americans used Echinacea to treat more conditions than any other remedy. The Eclectic medical doctors, from the first half of the last century, also praised Echinacea for its benefits to the respiratory tract. Today, modern science is beginning to support much of its established traditional use, by showing that extracts of Echinacea spp. have the ability to strengthen immune function. Research has further shown that alcohol/water extracts of Echinacea significantly enhance natural killer cell function, and have phagocytic and metabolic influence on macrophages. This simply means that Echinacea has the potential to non-specifically activate your immune system, enhancing its ability to deal with a threat, if one should arise.

### COMPLEMENTARY HERBS / FORMULAS

Composition Essence, Black Elderberry

### SAFETY EVALUATION / CONTRAINDICATIONS

Do not use this product during pregnancy or lactation.

### KNOWN DRUG INTERACTIONS

Consult a physician if you are taking any prescription drugs.

### DOSAGE

Liquid Phyto-Caps: 2 capsules every 2 hours at the onset of cold or flu

### DURATION OF USE

5-10 days

### BEST TAKEN

Between meals, with warm water

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\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.