

Echinacea Blend

Echinacea angustifolia/purpurea

1:1 Liquid Extract (Internal use only)
Part used: Root/Herb

Echinacea is indigenous to North America - Three of the nine species, *E. angustifolia*, *E. purpurea* and *E. pallida* are used therapeutically. *E. angustifolia* is considered more potent medicinally than *E. purpurea* and the root of either plant is much more potent than the leaf. (In scientific studies all three species have produced beneficial results. Most laboratory studies report that the root possesses the greatest immune-enhancing properties. However, other studies report superior effects from the aerial portions of echinacea. Furthermore, current research has indicated that when the combination of *E. angustifolia* and *E. purpurea* are used together they possess a very effective synergistic effect.)

Main Actions

Alterative, antibacterial, immunostimulant, anti-inflammatory, antiseptic (GIT, Urinary, Respiratory tract), antiviral (systemically), lymphatic, sialogogue, anti-infective, circulatory stimulant, peripheral vasodilator.

Indications

Abscesses/Boils/Furunculosis
Allergies/Sensitivities/Skin disorders/Skin ulcers/Athletes foot/Eczema/Psoriasis/Impetigo
Upper respiratory tract infections/Whooping cough/Otitis/Tonsillitis, Autoimmune disease/Immune deficiency/Post viral syndromes, Viral and bacterial infections/Septicemia (mild)/Herpes simplex/Thrush/Food poisoning, Inflammation/Pelvic inflammatory disease/Cystitis/Urethritis/Gingivitis/Peptic ulcers. Reduce side effects of chemotherapy and radiation therapy/Leucopenia due to acute causes.

Active Constituents

Phenylpropanoid: Echinacoside glycosides (antimicrobial), Caftaric acid (antioxidant), Chicoric acid, Aynarine. Alkylamide: Tartaric acid (inhibits arachidonic metabolism). Alkaloid: Tussilagine, Isotussilagine, Tetraen acid, Isobutylamide. Polysaccharide: Inulin (anti-inflammatory, antiviral, immune stimulation), Heteroxylin, Arabinorhamno-galactans, Echinacin, Fructose. Essential oil: Palmitic, Linolenic. Flavonoid: Rutin (antioxidant).

Dosage

1.5-3mL/daily
10-20mL/weekly

Note: It is recommended not to continue use of echinacea for longer than 8-weeks without a 3-week rest period. Echinacea species cause a tingling sensation on the tongue which is more marked in *E. angustifolia*.

Contradictions

Avoid use by persons who have autoimmune diseases such as lupus erythematosus, multiple sclerosis, HIV/AIDS, collagen disease, tuberculosis or by those with hypersensitivity to asteraceae/compositae family. Avoid use in children younger than 2 years of age.

Special Warnings and Precautions

Caution is advised for transplant patients taking immunosuppressive drugs; only short-term therapy is recommended.

Herb/Drug Interactions

Moderate – CYP450 1A2 and 3A4 substrates. Caffeine (increases plasma concentrations by 30%) and Etoposide (has been associated with increased thrombocytopenia). May interfere with immunosuppressive drugs.

Pregnancy and Lactation

No adverse effects expected. As a safety measure use with caution and within the recommended dose range.

Side Effects/Adverse Reactions

Hypersensitivity reactions such as contact dermatitis may occur rarely in those sensitized to echinacea aerial parts/plants from asteraceae/compositae family (rarely). The root preparations have a very low risk factor. May cause gastrointestinal disturbances.