

Echinacea Extract

250 mg, 60 capsules

Item Catalog Number: 00388

Echinacea is a wide-spectrum immu-nomodulator that modulates both innate and adaptive immune responses, helping ward off infectious agents and elicit free radicals.^{61-64,74-80} Several clinical trials have shown echinacea to be effective, especially if taken at the first signs of problems.^{74,81-83}

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

Amount Per Serving

Echinacea (*Echinacea angustifolia* and *Echinacea purpurea*) powder extract (flower and stem) [std. to 4% echinacosides (10 mg)]

250 mg

Other ingredients: gelatin, rice flour, magnesium stearate.

Contains rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule once or twice daily with or without food, or as recommended by a healthcare practitioner.
- Echinacea is thought to work best if cycled by taking it ten to fourteen days on and four to seven days off, or two weeks on and one week off.

Caution

Echinacea extract is not recommended for those with AIDS or autoimmune disorders, as recommended by Commission E, an official body that has evaluated commonly used herbs.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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