

To improve resistance to seasonal conditions.



15 vegetable capsules

Nutritional information:	1 capsule
Andrographis (<i>A. paniculata</i>) (30% andrographolides)	200 mg
Astragalus (<i>A. membranaceus</i>) (3% astragalosides)	190 mg
Elderberry (<i>Sambucus nigra</i>)	50 mg
Echinacea (<i>Echinacea purpurea</i>) (4% polyphenols)	30 mg
Rosemary (<i>Rosmarinus officinalis</i>) (5% carnosic acid)	30 mg
Myrrh (<i>Commiphora myrrha</i>)	30 mg
Maitake (<i>Grifola frondosa</i>) (40% polysaccharides)	10 mg
Reishi (<i>Ganoderma lucidum</i>) (40% polysaccharides)	10 mg
Shiitake (<i>Lentinula edodes</i>) (40% polysaccharides)	10 mg
Berberine (from <i>Berberis aristata</i>)	1,72 mg

A Cold & Flu Formula like no other...

This formula contains eleven unique, synergistic, high potency plant extracts created to improve resistance to seasonal conditions.

- **Andrographis** used in ancient oriental and ayurvedic medicine has proven to significantly reduce the severity of symptoms and duration of common colds in clinical trials⁽¹⁻⁵⁾.
- **Astragalus** contains active compounds capable of activating immune cells to fight bacterial and viral infections⁽⁶⁻⁸⁾. Astragalus extract reduces upper respiratory tract infections.
- **Echinacea** is well-known for its immune-modulating, antiviral and anti-inflammatory properties, it also reduces the risk of recurring respiratory tract infections⁽¹²⁻¹⁴⁾.
- **Elderberry** has been shown to reduce the duration of symptoms by an average of 4 days compared to placebo in clinical trials. It's also effective against bacterial respiratory tract infections from the flu⁽⁹⁻¹¹⁾.
- **Myrrh** used in ancient history by high priests and kings can help reduce excessive mucus production in the lungs and the upper respiratory tract. It also possesses antimicrobial, anti-inflammatory and analgesic properties⁽¹⁷⁻¹⁸⁾.
- **Rosemary** is a classic herb which contains carnosic acid, which exhibits antioxidant and antimicrobial properties⁽¹⁵⁻¹⁶⁾.
- **Berberine** has been shown to exert antibacterial effects in gram-positive bacteria (*S. aureus*, *B. subtilis*), gram-negative bacteria (*E. coli*, *P. aeruginosa*) and yeasts (*C. albicans*, *C. glabrata*)⁽³³⁾. Berberine also shows activity against different viruses including viruses of the respiratory tract⁽¹⁹⁻²⁰⁾.
- A trio of medicinal mushrooms revered for their immune-modulating properties. Hot-water extracts of maitake, reishi, and shiitake—each containing a minimum 40% polysaccharides to complete the formula:
 - **Reishi** is known for its anti-inflammatory activity that helps with the treatment of allergies and the flu⁽²⁴⁻²⁷⁾.
 - **Maitake's** immune modulating properties, increases antibody production in response to vaccination against the flu virus, and reduces common cold symptoms⁽²¹⁻²³⁾.
 - Whereas **Shiitake** has been traditionally used to strengthen the immune system. Lentinan, a beta-glucan from shiitake, has antiviral properties and may have protective effects against the flu virus⁽²⁸⁻³⁰⁾.

Recommended daily dose: 1 capsule daily with food.

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