

Extra Strength Echinacea 2500 mg Softgels



Product Summary:

Three species of Echinacea are used for their medicinal properties: *Echinacea angustifolia*, *Echinacea pallida*, *Echinacea purpurea*.

Common names: Echinacea, purple coneflower, Kansas snakeroot, black Sampson. Products are prepared from dried rhizome and root of *E. purpurea*, *E. angustifolia* and *E. pallida* and from the fresh juice of aerial parts or roots (or both) of *E. purpurea*. Chemical constituents differ quantitatively and qualitatively between plant parts and between species.

Echinacea [Super Strength] 2500 mg

"Organically grown and certified" super-concentrated 19:1 extract, 132 mg providing 2,500 mg Standardized Herb derived from fresh aerial parts of *Echinacea purpurea*. A superior processing method delivers super-concentrated levels of standardized Echinacea extracts. This field-to-shelf approach assures echinacea purity and potency. Each batch is subject to rigorous testing and quality control procedures.

Super Strength Echinacea Capsules have high levels of the key actives that are responsible for Echinacea's effectiveness in clinical studies and make echinacea one of the world's most popular herbs for immune support.

Properties/Uses:

The claim as approved by the *Natural Health Product Directorate* (NHPD): Supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds). Helps to relieve the symptoms and shorten the duration of upper respiratory tract infections.



GENERAL HEALTH
& WELLNESS



Pharmacology:

Scientific research with Echinacea confirms that it is a profound stimulant of immune system function, resulting in increased levels of white blood cells, interferon, interleukins, tumor necrosis factor, the engulfing or destruction of bacteria and viruses, antibody activity, natural killer cell activity and the restraint of infection spread.¹ Colds and the flu have responded well to Echinacea's immune enhancement. Respiratory and urinary track infections, vaginal infections, chronic vaginitis and other infectious conditions have been treated positively with Echinacea.^{6,7} The stimulation of *Echinacea purpurea* on the immune system has been shown to stem from the synergistic actions of several different chemical compounds including polysaccharides, and cichoric acid.¹ *E. purpurea* should be considered a stimulant to a stressed and tired but otherwise healthy immune system. It is not a substitute for basic underlying immune competence.





Manufactured product information:

Manufacturer:

WN Pharmaceuticals Ltd.

Size/UPC:

60's 7 77747 10257 0

NPN:

80008284

Expiry Date:

36 months from date of manufacture

Active Ingredients:

Each softgel contains:

Echinacea 19:1 Extract (*Echinacea Purpurea*) (aerial parts and root) 132 mg
(equivalent to 2500 mg fresh herb Echinacea)

Non-Medicinal Ingredients (in descending order):

Softgel capsule (gelatin, glycerin, purified water, carob), vegetable oil, corn starch, lecithin, silica

Appearance:

Dark brown or brownish-green paste suspension encapsulated in a size 6 oval, brown soft gelatin capsule.

Packaging:

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

Storage:

Store in a cool, dry place, protected from light and moisture.





Dose:

Dosing guidelines vary depending on the source of *Echinacea purpurea* plant parts used, processing method and dosage format, (1,500 to 3,000 mg per day.) Echinacea should not be taken for more than 8 consecutive weeks¹² unless directed by a physician or health care professional.

Directions:

(Adults): 4 softgels daily at the first sign of infection or as recommended by a physician. Consult a physician for use beyond 8 weeks.

Caution:

The caution as approved by the *Natural Health Product Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Consult a physician prior to use if you have a progressive systemic disease such as tuberculosis, leucosis, collagenosis or multiple sclerosis. Consult a physician prior to use if you are taking immunosuppressants or if symptoms persist or worsen. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

N/A.

Drug Interactions /Contraindications:

Because of the nonspecific immunostimulatory effect of echinacea, it has been suggested that patients with autoimmune diseases avoid its use. Echinacea should also be avoided by patients with multiple sclerosis⁸, tuberculosis⁸, diabetes⁹, asthma, leukemia and HIV/AIDS¹⁰. Echinacea should not be used by patients with lupus or collagenosis or by those receiving immunosuppressive therapy (such as corticosteroids or cyclosporin)¹¹. The German Commission E monograph indicates that *E. purpurea* is contraindicated in progressive systemic diseases such as tuberculosis, leukosis, collagen disorders, or multiple sclerosis.³ This would theoretically include autoimmune disorders like systemic lupus and rheumatoid arthritis.⁵



Toxicity/Adverse Reactions:

Some authorities state that there are no adverse effects with Echinacea.^{2,3} However, Echinacea can produce minor adverse effects in the recommended dosage range, and more serious complaints with excessive doses and/or prolonged use.⁵ Echinacea deserves its good reputation as a well tolerated herbal medication, as is evidenced in a 1996 published meta-analysis of clinical trials, in which more than 2000 users over a period of more than 40 years were found to have had no more serious side effects than unpleasant taste and mild GI disturbances.⁵ However, Bergner cites a trial of eight weeks for colds and flu, using *E. purpurea*, in which 11 of 54 patients detailed more specific side effects including gas, nausea, constipation, tiredness, drowsiness, and headaches.⁵ Long-term use of Echinacea has had a shadowy association with joint pain in its protracted clinical use in the Homeopathic and Eclectic physician accounts. Since the action of Echinacea can account for greater levels of hyaluronic acid^{1,4}, a thickening of the synovial fluid or anatomical parts influenced by hyaluronic acid could result in internalized pressure with joint discomfort.⁵ Discontinuation would resolve the pain. Chronic oral administration of freshly pressed *Echinacea purpurea* juice to rats at doses many times the human therapeutic dose demonstrated no evidence of toxic effect.¹ Tests with *E. purpurea* reveal no mutagenic effects.¹ The LD50 of intravenously administered fresh pressed *E. purpurea* juice has been determined to be 50 milliliters per kilogram in mice and rats.¹



Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Corn Products
Artificial Flavors	Lecithin
Artificial Sweeteners	Soy Products
Egg Products	Starch/Modified Starch
Fish	Sulphites (<10 ppm)
Gluten	
Hydrolyzed Plant Protein	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of animal products

Kosher





References

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11. Echinacea. In: *Herb information greenpaper*. Boulder (CO): Herb Research Foundation; 1997. Available: www.herbs.org/greenpapers/echinacea.html (accessed 2000 Jan 18).
12. Bartels CI, Millr SJ. Herbaland related remedies, *Nutr Clin Pract* 1998;13(1):5-19

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