



ECHINACEA

Echinacea is a perennial plant with a purple cone-shaped seed head surrounded by vibrant pink flowers. It is also referred to as purple coneflower. The aerial, or above-ground portion of the plant, and the root are used medicinally. Latin names for the three main varieties are *Echinacea angustifolia*, *Echinacea purpurea*, and *Echinacea pallida*.

ECHINACEA MAY HELP...

- Stimulate the immune system
- Treat yeast infection
- Reduce inflammation
- Reduce symptoms and duration of the common cold
- Support wound healing

CONSIDER ECHINACEA IF YOU...

- Have a cold, flu or other viral infection
- Have depressed immune function
- Have an acute inflammatory condition, such as poison oak or an insect bite
- Have a yeast infection

SCIENTIFIC RESEARCH SHOWS...

Echinacea may exert a stabilizing effect on white blood cell counts in patients undergoing radiation for cancer therapy.

**ALWAYS TALK TO YOUR
DOCTOR ABOUT YOUR
SUPPLEMENT PLAN.**



elephant
PHARM

HOW AND HOW MUCH?

Available forms – *Echinacea purpurea*, *Echinacea angustifolia*, and *Echinacea pallida* are the most common varieties but there is no consensus on which variety offers superior benefits. Echinacea products are available in many forms, including tinctures, dry or freeze-dried plant in capsule form, and teas. Preparations using the whole plant are believed to offer the best results.

Common adult dosage – 300 mg of standardized extract, 325-650 mg freeze-dried plant, 3-4 ml tincture, or 1-2 grams dried root (or as tea) three times per day during periods of illness or infection.

Native habitat – Echinacea is native to the rolling plains of midwestern North America, though it adapts well to diverse growing conditions.

TIPS & TIDBITS

- Echinacea was used extensively by Native Americans for everything from toothache and infection to rattlesnake bites.
- From a Chinese medical perspective, echinacea is thought to clear heat and benefit the blood, lymph, lungs, stomach, and liver.
- To maximize its effectiveness, it may be beneficial to take echinacea for no more than 10 consecutive days followed by a break.

SAFETY FIRST

- Certain drugs and conditions do not mix well with echinacea. Talk with your doctor first if you:
 - Have an autoimmune condition or progressive disease such as lupus, HIV, tuberculosis, or multiple sclerosis
 - Take any prescription or over-the-counter medications since some interactions have not yet been identified
- People with allergies to plants of the daisy family (sunflower, chrysanthemum, ragweed) may have an allergic reaction to echinacea. Allergic reactions may include wheezing, skin rash, or diarrhea.
- In rare cases, echinacea may cause a reaction in those sensitive to the plant fiber, inulin.