



# ECHINAMIDE®

## ANTI-VIRAL

### Potent Fresh Herbal Extract/Tincture

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RESEARCH INFORMATION

#### Feature summary

When your doctor tells you, “It’s a viral infection; antibiotics will have no effect,” this is the time to turn to traditional remedies whose efficacy has been verified and improved upon by modern science.

Natural Factors Anti-Viral contains ECHINAMIDE, the only standardized extract of *Echinacea purpurea* shown in placebo-controlled clinical trials to reduce the duration and severity of upper respiratory infections. ECHINAMIDE is made from certified organic echinacea grown on Factors Farms® in BC’s Okanagan Valley. It is manufactured using highly sophisticated, proprietary EnviroSimplex® processing, which preserves the key actives responsible for echinacea’s effectiveness. Three key active compounds are isolated, concentrated, combined in the ideal clinically proven ratio, and delivered in a base of the whole herb so that none of the minor actives are missing.

Herbal medicines are known to work best in combination. Anti-Viral contains a proprietary blend of ECHINAMIDE, lomatium, astragalus, reishi mushroom, and licorice. Modern science has confirmed that each of these herbs enhances the immune system’s response to viral infections.

Anti-Viral is available as a liquid tincture, or as an alcohol-free extract in a softgel.

#### How it works

A virus is a tiny strand of genetic material inside a protein shell. Because it is not a living cell, a virus needs a host to survive. When viruses invade an animal, they penetrate the host cells and use them to replicate. In the process, they damage or destroy the cells. The immune system recognizes these viruses as invaders and fights them.

Certain plants contain compounds that increase the immune system’s response. The active compounds in echinacea (*Echinacea purpurea*) stimulate phagocytosis, the process by which white blood cells destroy foreign invaders, including bacteria and viruses.

Astragalus (*Astragalus membranaceus*) enhances the activity of natural killer (NK) cells that rapidly respond to viral infection. Lomatium (*Lomatium dissectum*) contains compounds called furocoumarins that disrupt the ability of viruses to replicate. Reishi mushroom (*Ganoderma lucidum*) inhibits viruses from attaching to and penetrating host cells. Beta-glucans derived from reishi enhance the function of many immune cells, including monocytes, macrophages, dendritic cells, neutrophils, and NK cells. Licorice (*Glycyrrhiza glabra*) contains glycyrrhizin and glycyrrhetic acid with immune-stimulating and anti-inflammatory properties.

Astragalus, reishi, and licorice all induce the production of interferon, a signalling protein that triggers the immune system to attack infected cells and interferes with the ability of viruses to replicate.

## Research

Natural Factors Anti-Viral is a harmonious blend of five research-proven plant medicines. ECHINAMIDE is a patented *Echinacea purpurea* preparation containing optimal concentrations of the primary medicinally active compounds cichoric acid, polysaccharides, and alkylamides. The first animal studies of ECHINAMIDE were very successful. They showed that ECHINAMIDE is effective in stimulating the non-specific immune system, which protects the body against all invading pathogens. Healthy male rats received oral doses of ECHINAMIDE twice daily for four days. As concentrations of the echinacea components increased, the macrophages (a type of white blood cell) in the alveoli of the lungs increased their phagocytic activity, engulfing and digesting the invaders. There was also an increased production of cytokines, cell-signalling proteins that enhance immunity (Goel et al., 2002).

A phase II human clinical trial showed that early intervention with ECHINAMIDE is effective for reducing the severity of the common cold. The randomized, double-blind, placebo-controlled study involved 282 people aged 18–65 years with a history of two or more colds in the previous year, but otherwise in good health. They were instructed to start the treatment at the onset of the first cold symptom, consuming 10 doses on the first day, then four doses per day for seven days. Subjects recorded the severity of their symptoms and were examined by a nurse on days three and eight of their cold. Cold symptom scores were 23.1% lower in the ECHINAMIDE group than in the placebo group (Goel et al., 2004).

In traditional herbal medicine, plants are known to be more effective when used in combination. A double-blind, randomized pilot study examined the immune-boosting ability of *Echinacea purpurea* when taken alone or in combination with astragalus (*Astragalus membranaceus*) and licorice (*Glycyrrhiza glabra*). Activation of T cells (a type of white blood cell) was significantly increased for people taking echinacea, and this effect was notably increased in people who also received astragalus and licorice. Immune activation remained elevated when daily use continued for at least seven days (Zwickey et al., 2007).

In an in vitro laboratory experiment, licorice root extract was found to completely inhibit the ability of rotavirus to damage cells (McCutcheon et al., 1995). An informal “trial” of licorice root extract occurred during the 1918 Spanish influenza pandemic. Some doctors observed that Native Americans were recovering from the flu while others were not, and discovered they were using their traditional herbal medicine, licorice (Alstat, 1987).

Reishi mushroom (*Ganoderma lucidum*) has been found to be effective against common viral infections including herpes simplex and hepatitis B. In a pilot study, reishi extract dramatically reduced the pain experienced by patients with herpes zoster infections or post-herpetic neuralgia (nerve pain) that was resistant to standard therapy (Hijikata & Yamada, 1998). When used in combination with other herbs, reishi also reduced the recovery time from herpes genitalis and herpes labialis (Hijikata et al., 2007).

## Ingredients

### Each 1 mL contains:

|  |        |
|--|--------|
| Organic echinacea extract 8:1<br>( <i>Echinacea purpurea</i> ) (herb top and root) ..... | 69 mg  |
| Lomatium ( <i>Lomatium dissectum</i> ) (root) .....                                      | 117 mg |
| Organic astragalus ( <i>Astragalus membranaceus</i> ) (root).....                        | 232 mg |
| Reishi mushroom ( <i>Ganoderma lucidum</i> ) (fruiting body) .....                       | 97 mg  |
| Organic licorice ( <i>Glycyrrhiza glabra</i> ) (root) .....                              | 40 mg  |

### Each softgel contains:

|  |       |
|--|-------|
| Echinacea 25:1 extract<br>( <i>Echinacea purpurea</i> ) (herb top and root) .....  | 44 mg |
| Lomatium 25:1 extract ( <i>Lomatium dissectum</i> ) (root).....                    | 18 mg |
| Astragalus 25:1 extract ( <i>Astragalus membranaceus</i> ) (root).....             | 29 mg |
| Reishi mushroom 25:1 extract<br>( <i>Ganoderma lucidum</i> ) (fruiting body) ..... | 29 mg |
| Licorice 25:1 extract ( <i>Glycyrrhiza glabra</i> ) (root).....                    | 7 mg  |

## Dosage

### Liquid

**Recommended adult dose:** For acute needs, 1 mL every 2–3 hours up to 6 times daily or as directed by a health care practitioner. Take at the first sign of infection. To avoid digestive upset, take with food. Consult a health care practitioner for use beyond 6 weeks.

### Softgel

**Recommended adult dose:** 1 softgel 3 times daily or as directed by a health care practitioner. For acute needs, 1 softgel every 2–3 hours up to 4 times daily or as directed by a health care practitioner. Take at the first sign of infection. To avoid digestive upset, take with food. Consult a health care practitioner for use beyond 6 weeks.

## Cautions

Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, are taking medications to suppress the immune system (immunosuppressive medications), have a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection, or have a liver or an auto-immune disorder. Stop use if hypersensitivity occurs. Do not use if you have hypokalemia, high blood pressure, a kidney or cardiovascular disorder, or if you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives, or other medications which may aggravate electrolyte imbalance. Keep out of the reach of children.

## References

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