



ECHINAMIDE® ANTI-VIRAL

Potent fresh herbal extract/tincture

RESEARCH INFORMATION

Feature summary

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

Anti-Viral from Natural Factors 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, and licorice. Modern science has confirmed that each of these herbs enhances the immune system’s response to viral infections.

Anti-Viral stimulates the non-specific immune system to effectively fight every viral condition, from colds to herpes. It 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’s 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 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 (*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 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 synergistic 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 4 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 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 viral infections including herpes simplex and hepatitis B. In a pilot study, reishi extract dramatically reduced the pain suffered by patients with herpes zoster infections or post-herpetic neuralgia (nerve pain) that was resistant to standard therapy (Hijikata et al., 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 softgel contains:

Proprietary blend of: ECHINAMIDE® (*Echinacea purpurea**), lomatium (*Lomatium dissectum*), astragalus (*Astragalus membranaceus*), reishi mushroom (*Ganoderma lucidum*), licorice (*Glycyrrhiza glabra*).

Tincture contains:

Proprietary blend of: ECHINAMIDE® (*Echinacea purpurea**), lomatium (*Lomatium dissectum*), astragalus (*Astragalus membranaceus*), reishi mushroom (*Ganoderma lucidum*), licorice (*Glycyrrhiza glabra*).

40% pure alcohol by volume

*Organically grown

Dosage

Softgel

Recommended adult dose: For acute needs, 1 softgel every 2–3 hours; for regular immune support, 1 softgel 2 times daily; or as directed by a health care practitioner.

Tincture

Directions: For acute needs, 2 droppers of 0.5 mL every 2–3 hours. For regular immune support, 2 droppers of 0.5 mL 2 times daily, or as directed by a health care practitioner.

Cautions

Softgel

Do not use during pregnancy. Consult a health care practitioner if symptoms persist for more than 2 days. Do not exceed recommended dosage. Keep out of the reach of children.

Tincture

Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist for more than 2 days. Do not exceed recommended dosage. Keep out of the reach of children.

References

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