

NATRANIX



CLINICAL APPLICATIONS

- Supports Respiratory Health
- Provides Immune Support During Seasonal Challenges
- Great Tasting Children's Liquid Formula

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IMMUNE HEALTH

Natranix is an alcohol-free, great-tasting syrup formulated from natural botanicals, made to support respiratory health and boost children's immune function during seasonal challenges. This unique formula includes: Echinacea, for its role in immune support; thyme, which helps balance mucus production; sage, for its soothing effect on lung tissue; elderberry, for its role in managing bronchial secretions and promoting immunity; and anise, to help loosen and expel excess mucus.

Overview

The human immune system is a complex network of millions of immune cells, which act together to protect the body from constant exposure to outside invaders. Most of the time, the immune system does a great job of keeping people healthy, but during certain times of the year, the immune system may require additional support. Studies have shown key ingredients in Natranix to be especially supportive to the immune system, as they include compounds that support respiratory health and normal mucus production, offering immediate support for children and adult immune challenges.

Echinacea†

Research has shown echinacea to be beneficial for various aspects of immune health, including balancing microbial activity and pro-inflammatory cytokines.^[1] A review of placebo-controlled randomized trials of echinacea found benefits for early stage upper respiratory tract support.^[2] An herbal compound containing *Echinacea angustifolia* was found to enhance respiratory health by 77% among children, over a one month period.^[3] Another research group found an echinacea product offered dual action for microbial balance

in the respiratory tract and helped promote normal levels of tissue inflammation.^[4]

Thyme†

Thyme has a long history of use in natural medicine in connection with chest and respiratory support. The health supporting effects of Thymol, its primary volatile oil, are well-documented. Thyme and its extracts have been found to relax respiratory muscles^[5] and to possess microbial balancing properties.^[6,7] Thyme has also been shown to help increase the transport of mucus by cilia (minute, hair-like structures in the lungs that help expel mucus out of the lungs).^[8]

Elderberry†

Elderberry has been used for centuries to support upper respiratory health. Elderberry fruit preparations have been shown to provide antioxidant support and microbial balancing effects in vitro,^[9] and has been shown to have balancing effects across a broad range of microbial organisms.^[10] One randomized, double-blind, placebo-controlled study done in Norway, investigated the efficacy and safety of oral elderberry syrup among 60 patients aged 18-54 years, with upper respiratory symptoms for 48 hours or less. They received 15 ml of elderberry or placebo syrup 4 times a day for 5 days, and symptoms were recorded using a visual analogue scale. Elderberry boosted immune function and calmed respiratory challenges on an average of four days earlier than the placebo group.^[11]

Sage†

Sage or *Salvia officinalis* is approved by the German Commission E for external use in supporting the mucous membranes of

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the mouth and throat. The botanical has been used historically to promote a healthy respiratory tract, gastrointestinal tract, mouth and skin. Studies have repeatedly shown it to possess microbial balancing effects.^[12,13]

Directions

Children 1 year and older: take 1-2 teaspoons three to four times per day or as recommended by your health care professional. Adults: take 1 tablespoon three to four times per day or as recommended by your health care professional.

Botanical products may cause mild stomach upset or an allergic reaction. Move dose closer to meals or cease product if symptoms persist.

Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts

Serving Size 1 Teaspoon (~5 mL)
Servings Per Container ~24

1 teaspoon contains	Amount per Serving	% Daily Value
Proprietary Blend	0.8 g	
Thyme (<i>Thymus vulgaris</i>) Extract		*
Echinacea purpurea Extract (from Asteracea Family)		*
Elderberry (<i>Sambucus nigra</i>) Berry and Flower Extract		*
Sage (<i>Salvia officinalis</i>) Extract		*
Anise (<i>Pimpinella anisum</i>) Oil		*

* Daily Value not established

ID# 851120 120 ml (4 fl. oz)

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