

# Echinacea

A highly potent blend of both *Echinacea purpurea* and *Echinacea angustifolia*, designed to improve immune function and reduce symptoms of the common cold. Sustainably sourced, traceable and GMO free.

## Each capsule contains:

Echinacea extract (root, <i>Echinacea angustifolia</i> ) 6:1, DHE 600mg	100mg
Echinacea extract (herb top, <i>Echinacea purpurea</i> ) 6:1, DHE 1800mg	300mg

90 vegetable capsules

Vegan. GMO, gluten, soy and dairy free.



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*Echinacea* is a commonly used herb for improving immune function and managing symptoms of upper respiratory tract infections (URTIs). *Echinacea* is a genus in the daisy family, and most commonly refers to two species: *purpurea* and *angustifolia*. Each species of *echinacea* offers unique health benefits yet both are beneficial for optimizing and balancing immune function.

For example, a 2007 meta-analysis examined *echinacea*'s ability to prevent the common cold in over 1,300 individuals. Almost all of the 14 trials included used either *echinacea purpurea* as a stand alone or a combination of both *purpurea* and *angustifolia*. On average, it was found that these preparations led to a 58% decreased likelihood of developing the common cold and 1.4 days decreased duration of symptoms.

One randomized, double-blind, placebo controlled trial compared

*Echinacea purpurea*, *Echinacea angustifolia* and placebo interventions for URTI's in 302 healthy adults. These individuals were given extracts of either species or placebo for 5 days per week over the course of 12 weeks. At the end of the trial, 37% of the placebo group experienced an URTI, while only 32% of the *angustifolia* group and 29% of the *purpurea* group developed symptoms. Additionally, both *echinacea* groups increased the average number of days until first symptoms. The placebo group experienced initial symptoms after 65 days, compared to 66 days for the *angustifolia* group and 69 days for the *purpurea* group. These results suggest that both species provide immune benefits.

There are a variety of constituents that are considered to be active, including alkylamides, polysaccharides and phenols. Depending on the species, there are different amounts and types of each component. For example, *Echinacea angustifolia* contains

## Key points

- Each vegetable capsule contains 100 mg (6:1 extract; Dried Herb Equivalent [DHE] 600mg) of *Echinacea angustifolia* root extract and 300 mg (6:1 extract; DHE 1800mg) of *Echinacea purpurea* extract, standardized to 4% echinacoside and 4% phenol content, respectively
- These herbs collectively help to improve the body's immune response and decrease symptoms of upper respiratory tract infections
- A part of the Herbal Matrix series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties
- 90 vegetable capsules per bottle

echinacosides, an antimicrobial phenolic component not found in purpurea species. Additionally, although both species have multiple alkylamides, a broader variety of alkylamides are found in *Echinacea angustifolia* when compared to *Echinacea purpurea*. Combining the two echinacea species offers a more comprehensive and perhaps synergistic blend of active ingredients.

That being said, *Echinacea purpurea* has more human clinical trials and research support. Case in point, it has been shown to increase natural-killer cells, leukocytes, neutrophils and monocytes, while also stimulating the phagocytic activity of macrophages. Additionally, *Echinacea purpurea* has demonstrated activity against both *Candida albicans* and *Saccharomyces cerevisiae*, as

well as viruses such as influenza and herpes. Finally, *Echinacea purpurea* supplementation for 4 weeks has shown a decrease in both salivary IgA levels and sickness duration.

Cyto-Matrix's Echinacea combines both potent immunomodulatory species of echinacea in order to effectively prevent and treat URTIs, various infections and improve the overall health of the body's immune response. Each vegetable capsule of Echinacea Matrix contains 100 mg (6:1 extract; Dried Herb Equivalent [DHE] 600mg) of *Echinacea angustifolia* root extract and 300 mg (6:1 extract; DHE 1800mg) of *Echinacea purpurea* extract, standardized to 4% echinacoside and 4% phenol content, respectively. These active ingredients

are confirmed as per high-performance liquid chromatography (HPLC), the most accurate and reliable testing available for herbal extracts. Each bottle of Echinacea Matrix contains 90 vegetable capsules.

Echinacea is a part of the Cyto-Matrix Herbal Matrix Series, containing sustainably sourced, traceable and GMO free herbs with potent therapeutic properties. Each herb is extracted and tested to ensure the standardization of active ingredients, ultimately leading to efficacious, predictable and reliable products. The Cyto-Matrix Herbal Matrix Series of herbal extracts is beneficial for both the health of individuals, and also the health of our planet and future generations.

## Related products

A·C·E·S + Zinc  
Active A·C·E·S + Zinc  
Black Cohosh  
Cyto-C  
C·Matrix  
Echinacea  
Ginkgo Biloba  
Horse Chestnut  
Immune·Matrix  
IM·Matrix  
St. John's Worts  
Zinc Bis-glycinate - Liquid

**Non-Medicinal Ingredients:** Vegetable-grade magnesium stearate, microcrystalline cellulose, brown rice flour. Capsule: hypromellose.

**Indications:** Traditionally used in Herbal Medicine to help relieve sore throats, to help relieve cold symptoms and to fight off infections. Helps to relieve the symptoms and shorten the duration of upper respiratory tract infections.

**Directions:** Adults - Take 1 capsule, 1-2 times per day at the first sign of infection or as directed by a healthcare professional. Adolescents 15-17 - Take 1 capsule, 1-2 times per day at the first sign of infection or as directed by a healthcare professional. Children and Adolescents 10-14 - Take 1 capsule per day at the first sign of infection or as directed by a healthcare professional.

**Duration of Use:** Consult a healthcare professional for use beyond 8 weeks.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are taking medications to suppress the immune system (immunosuppressive medications) or if you have a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection or an auto-immune disorder. Consult a healthcare professional if symptoms persist or worsen.

**Known Adverse Reactions:** Stop use if hypersensitivity occurs.



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