ORGANIC 1:5 Propolis T.

METHODOLOGY

Propolis is made from resins that bees gather to sanitize their hive and protect it from bacterial contamination carried in from outside agents. These resins are highly antibacterial and antiseptic. Over 300 different compounds have been identified: 45% to 55% are resins and balms (flavonoids, phenolic acids, esters), 25% to 35% are waxes and fatty acids, 10% to 15% are essential oils, 5% are pollen (proteins and amino acids) and 5% are vitamins and minerals. It is believed that propolis’ flavonoids (pinocembrin, galangin, pinobanksin, betulene, isovanillin) and phenolic acids are in large part responsible for its antibiotic and anti-inflammatory effects. Quality, purity and effectiveness depends on its place of origin. As such, Chinese propolis is often contaminated with heavy metals because the hives are located in urban or industrial areas, while European or American propolis comes from more healthy areas (our propolis is from Europe).

Propolis: Propolis is antibiotic1,2,3, antiviral1,3-4,5, antimicrobial3,4,6, antibacterial4,7, antifungal1,3,4, antitumoral1, immunomodulating1,4,5,12, anti-inflammatory2,3,4,5,8,9,10, antioxidant1,3,4,5,11,12, hepatoprotective5,12,13,14, analgesic2,10 and cicatrizant2,8,10. It is used internally to treat infections12, immune deficiency2, anemia2, bronchopulmonary problems5, allergies, hay fever1,2, asthma2, tuberculosis2, bronchitis2, rhinitis2, sinusitis2, colds, flu, infectious problems involving the oral mucosa2,7, angina2, tracheitis2, pharyngitis2, laryngitis2, sore throats2, inflammation12, gastritis2, arthritis12, arteriosclerosis12 and urinary tract infections12. It is used externally to treat contusions, cuts, wounds, tumours12, furuncles7, abscesses2, gingivitis2,3, glossitis2, stomatitis2, mouth ulcers3, bad breath7, herpes lesions15, shingles2, minor burns2,8, varicose ulcers2, mycosis2 and acne.

COMPOSITION

<table>
<thead>
<tr>
<th>Propolis</th>
<th>Propolis</th>
<th>Resin</th>
<th>Not certified</th>
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<tbody>
<tr>
<td>Alcohol (95%)</td>
<td>Ethanol</td>
<td>Plant source</td>
<td>Organic</td>
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PREPARATION

The resin is mixed with organic alcohol.
The preparation is stirred daily for 10 days, then pressed and decanted.
Contains no additives, food colouring or preservatives.
No added sugar, no gluten, soy or GMOs, non-irradiated

FORMAT

50 ml amber glass bottle with dropper

INDICATIONS

**Respiratory system:** Tonsillitis, colds, flu, sore throats, otitis, rhinitis, sinuses, pharyngitis, laryngitis, tuberculosis, chronic bronchitis, coughs

**Oral hygiene:** Bad breath, gingivitis, inflammation of the oral mucosa, aphthae, mouth ulcers

**Digestive system:** Parasitosis, gastric ulcers caused by bacteria, gastritis

**Immune system:** Allergies, chronic infections, rheumatoid arthritis

**Integumentary system:** Herpes, wounds, thrush, mycosis, acne

CONTRAINDICATIONS AND WARNINGS

**Asthma**

Allergy to pollen or bee products

Allergy to tree resin

The undiluted tincture stains the teeth and skin.

This product is not intended for young children.

INTERACTIONS

No known interactions.

DOSE

**Intervention dose:** 5 to 15 drops, 1 to 4 times per day, for a maximum of 3 days.

**Treatment dose:** 5 to 10 drops, 1 or 2 times per day, for 2 to 4 weeks.

**Internal use:** Dilute the tincture in a small amount of hot water, glycerine or honey.

**Oral hygiene:** Use as a gargle or mouthwash.

**External use:** Apply the undiluted tincture to the affected area.

Begin with small doses to ensure that you have no reaction to the herbs. Shake well before using.

For long-term treatment, take 6 days out of 7.

MECHANISM OF ACTION

Propolis is an antibiotic1,2,3, antiviral1,3-4,5, antimicrobial3,4,6, antibacterial4,7, antifungal1,3,4, antitumoral1, immunomodulating1,4,5,12, anti-inflammatory2,3,4,5,8,9,10, antioxidant1,3,4,5,11,12, hepatoprotective5,12,13,14, analgesic2,10 and cicatrizant2,8,10. It is used internally to treat infections12, immune deficiency2, anemia2, bronchopulmonary problems5, allergies, hay fever1,2, asthma2, tuberculosis2, bronchitis2, rhinitis2, sinusitis2, colds, flu, infectious problems involving the oral mucosa2,7, angina2, tracheitis2, pharyngitis2, laryngitis2, sore throats2, inflammation12, gastritis2, arthritis12, arteriosclerosis12 and urinary tract infections12. It is used externally to treat contusions, cuts, wounds, tumours12, furuncles7, abscesses2, gingivitis2,3, glossitis2, stomatitis2, mouth ulcers2, bad breath7, herpes lesions15, shingles2, minor burns2,8, varicose ulcers2, mycosis2 and acne.
Favourable Associations

Echinacea tincture for respiratory tract and mouth infections. Take 5 to 25 drops, 1 to 5 times per day.
Plantain syrup for sore throats, tonsillitis, laryngitis and coughs. Take ½ to 1 tsp., 1 to 4 times per day, as needed. Add 3 to 5 drops of propolis.
Resist tea capsules for immune deficiency. Take 2 to 4 capsules, 1 or 2 times per day.
Pulmona tea infusion for tuberculosis, chronic bronchitis and persistent cough. Drink 1 litre per day.
Slippery elm powder for inflammation, ulcers (mouth and stomach), abscesses in the mouth and aphta. Take 1 cup of unfiltered infusion, 1 to 3 times per day.
Calendula tincture for inflammation of the mouth and gums. Mix 2 drops of propolis with 10 drops of calendula. Dilute with a small amount of water and rinse the mouth, 2 or 3 times per day.
Blood purifier tea infusion for all skin problems. Drink 1 litre per day.

Traditional Uses

The Assyrians have used propolis to heal their wounds and injuries since Antiquity. The Greeks used it to treat abscesses while the Egyptians used it to embalm their dead. Made official in England in the 17th century, propolis was mainly prescribed for tuberculosis, parasitosis, malaria, ulcers, colitis and to encourage the body to fight all types of infections. Today, propolis is known as “natural penicillin” due to its wide range of action.

Certification

Organic ingredient certified by an independent third party (Ecocert Canada)
Controlled by the Conseil des appellations agroalimentaires du Québec (CAAQ)
Manufactured according to Good Manufacturing Practices

4 Silici S, Kaftanoglu O. Antimicrobial analysis of propolis samples from different regions in Turkey. Department of Animal Science, Faculty of Agriculture, Çukurova University, Adana, Turkey.