Organic 1:8 Usnea T.

Composition
- Usnea
- Usnea barbata
- Fresh thallus
- Organic
- Alcohol (50%)
- Ethanol
- Plant source
- Organic

Preparation
The fresh thalli are macerated whole in organic alcohol. The preparation is stirred daily for 30 days, then pressed, decanted and strained. 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
- Immune system: Recurrent or serious ORL infections, viral infections, mastitis, lupus, impetigo
- Respiratory system: Bronchitis, bronchiolitis, pleurisy, pneumonia, tuberculosis, whooping cough, colds, flu, sinusitis, epistaxis, sore throats, laryngitis, pharyngitis
- Genito-urinary system: Cystitis, kidney infections, vaginitis (Trichomonas vaginalis), candidiasis, sexually transmitted diseases
- Digestive system: Cholecystitis, dysentery, diarrhea, intestinal parasites, inflammation of the digestive mucosa
- Integumentary system: Superficial wounds, mycosis, thrush, athlete’s foot, boils, furuncles, impetigo, infected wounds, varicose veins

Contraindications and Warnings
- Class 1: Herbs that can be safely consumed when used appropriately.
- Pregnancy, breastfeeding

Interactions
- No known interactions.

Dosage
- Intervention dose: 15 to 45 drops, 2 to 4 times per day, for 3 days.
- Treatment dose: 10 to 25 drops, 2 or 3 times per day, for 2 to 4 weeks.
- Begin with small doses to ensure that you have no reaction to the herbs.
- Shake well before using. Dilute the tincture in a small amount of water.
- For long-term treatment, take 6 days out of 7.

Mechanism of Action
An adaptogen, antimicrobial, tonic and cleanser, usnea has a wide and very interesting range of action. Its direct effect (antiseptic and antimicrobial) combined with its overall action, makes it an especially effective herb that does not tire the organism. Usnea contains different acids: usnic, thamnolic, lobaric, stictinic, evernic, barbatic, diffactaic, proteotactric, its main active components. These are responsible for its antibiotic and antitumoral properties. It also contains polysaccharides, immunostimulants, mucilage, bitter principles, vitamin C, lipids (linoleic, oleic and arachidonic acids) and sterols.

Usnea: Antimicrobial⁴⁻⁵, antibacterial⁴⁻⁵, antifungal⁶, antibiotic⁷, immunostimulant, antiseptic⁸, anti-inflammatory, antitumoral⁹, antitussive, expectorant, analgesic¹⁰, aperient and antipyretic. Usnea is recommended for infections, bronchitis¹¹, bronchiolitis, pleurisy¹², pneumonia, tuberculosis¹³, whooping cough, colds, flu, sinusitis, epistaxis¹⁴, mastitis, lupus, impetigo, mycosis, cystitis¹⁵, kidney infections¹⁶, vaginitis (Trichomonas vaginalis), candidiasis¹⁷, cholecystitis, dysentery, diarrhea and intestinal parasites. It is used externally to treat inflammation of the digestive mucosa, laryngitis, pharyngitis¹⁸, sore throats¹⁹, throat infection due to streptococcus²⁰, burns, superficial wounds²¹, mycosis, thrush, athlete’s foot, boils, furuncles²², impetigo, infected wounds and varicose veins.

Favourable Associations
- Digestive: cold decoction to soothe indigestion. Take 30 ml before meals.
- Estomix: tincture for indigestion, nausea, cramps and bloating. Take 5 to 15 drops, before or after meals.
- Slippery elm: powder for diarrhea, stomach pain and ulcers in the mouth. Mix 1 tbsp. in water or juice. Do not strain.
- Chamomile: infusion for irritation of the digestive mucosa, colitis and ulcers. Drink 2 to 4 cups per day.
- Thyme and plantain: infusions for parasitosis, gastroenteritis and dysentery. Drink 2 to 3 cups per day.
- Black walnut: tincture for parasitosis and mycosis. Take 5 to 15 drops, 1 to 3 times per day for internal use. Also apply the tincture externally.

Traditional Uses
An herb of the north produced by the symbiosis of a mushroom and algae, the Chinese have prized usnea for its antibiotic properties for 3000 years. Unfortunately, this almost cost it its life. It is now protected in Germany, where a permit is needed to sell wild usnea. Germany has imported its usnea from Indonesia and North America since 1991. Nepal also placed usnea under...
protection, forbidding it to be imported or processed. On this side of the Atlantic, researchers have found antibiotic agents in 52 species of North American lichens since 1994. Among all of these, usnea is the most widely used.

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