ORGANIC Echinacea-Propolis Glycerite

COMPOSITION
1:4 Echinacea Glycerite: Echinacea purpurea Organic
1:4 Echinacea Glycerite: Echinacea angustifolia Organic
1:6 Propolis: Propolis Organic

PREPARATION
The single glycerites and tincture are prepared with fresh organic herbs, stirred daily for 30 days, then pressed, strained and combined. 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: Chronic bronchitis, pneumonia, tuberculosis, coughs, colds, flu, sinusitis, rhinitis, pharyngitis, laryngitis, sore throats
Immune system: Allergies, repeat infections, otitis, conjunctivitis, antibiotic therapy
Urinary system: Urinary tract infections, nephritis, cystitis, prostatitis

CONTRAINDICATIONS AND WARNINGS
Allergy to bee products, conifer or poplar resin (re: propolis)
Consult a health care practitioner prior to a use longer than 8 weeks

INTERACTIONS
Immunosuppressants

DOSEAGE
Children (2-7 years): 15 drops (0.75 ml), 2 to 4 times per day.
Children (8-12 years): 10 drops (1 ml), 2 to 4 times per day.
Adults (15 years and older): 40 drops (2 ml), 2 to 4 times per day, for a maximum of 8 weeks\(^1,3\)
Begin with small doses to ensure that you have no reaction to the herbs.
Dilute the glycerite in a mouthful of milk. Shake well before use.
For long-term treatment, take 6 days out of 7.

MECHANISM OF ACTION
This glycerite mixture is used as a first line of defence against infections involving the ear, nose or throat. It can be taken as prevention or when you are feeling at your most vulnerable, for example, during the change of seasons or when the body is exhausted. It is also useful when exposed to infectious agents or an epidemic. Its components tone the immune system, in addition to being antibacterial, antiseptic and antiviral. This mixture therefore offers direct and overall action and can be used for up to 8 weeks. If the infection becomes virulent and resists treatment, it can be combined with goldenseal glycerite to heighten the bactericidal effect and obtain more effective results. Note, however, that if the infection becomes violent, fever continues unabated for a long period and the patient becomes very weak, it is important to consult a health care professional. This mixture can be given to support the immune system even when an illness is being treated with antibiotics.

Echinacea: Immunostimulant\(^2,4,5,6,7,8,9,10,11\), antiseptic\(^5,6,7,12\), antibacterial\(^2,4,5,6,7,8,9,11\), antifungal\(^4,5,7,8,11\), antiviral\(^2,4,5,6,7,8,9,11\), antibiotic\(^1\), analgesic\(^12\), detoxifying\(^11\), vulnerary\(^5,6,7,9,11\), antioxidant\(^2\), antitumoral\(^6\), vasodilating, sudorific\(^1\), diaphoretic\(^7\), digestive, tonic, alterative, stimulant, sialagogue\(^2\), antivenom\(^1\), anti-inflammatory\(^2,3,5,6,7,8,9,11\), antispasmodic\(^6,12\) and antiallergic\(^11\).

Echinacea is used to prevent and fight upper respiratory tract infections\(^2,3,4,5,7,11\), sinusitis\(^4\), bronchitis\(^4\), sore throats\(^12\), tonsillitis\(^4,12\), laryngitis\(^4\), colds\(^2,3,4,5,7,8,9,11\), flu\(^4,5,7,8,11\), influenza\(^9\), coughs\(^1\), allergies\(^11\), asthma\(^1\) and side effects of chemotherapy or radiation therapy. It is also used with other herbs for otitis\(^4\), toothaches\(^2\), gingivitis, cystitis\(^4\), urinary tract infections\(^4,5\), nephritis, candidiasis\(^2,3,4,5,7,9\), skin infections\(^11\), venereal diseases\(^2\), dyspepsia\(^1\), prostatitis\(^9\), mastitis and rheumatoid arthritis\(^8\). Used externally, echinacea is recommended for dermatosis\(^11\), furuncles\(^4,5,6,9\), abscesses\(^1\), eczema\(^3\), psoriasis\(^7\), wounds\(^3,5,7,8,12\), varicose ulcers\(^3,11\), burns\(^7,12\), sun damage\(^3,4,5\), chilblain\(^11\), herpes\(^3,5,7\) and candidiasis\(^3\).

Propolis: Antibiotic\(^2,14,15\), antiviral\(^2,15,16,17\), antimicrobial\(^15,16,17\), antibacterial\(^16,19\), anti-inflammatory\(^5,16,17\), antitumoral\(^17\), immunomodulating\(^5,15,16,17,24\), anti-inflammatory\(^1,5,16,17,20,21\), antioxidant\(^3,12,16,17,25,24\), hepatoprotective\(^17,24,26\), analgesic\(^4,22\) and cicatrizant\(^4,20,22\). Propolis is used internally to fight infections\(^24\), immune deficiency\(^1\), anemia\(^1\), bronchopulmonary problems\(^2\), hay fever\(^4\), asthma\(^1\), tuberculosis\(^14\), bronchitis\(^4,15\), rhinitis\(^4\), sinusitis\(^4\), infectious problems involving the oral mucosa\(^18,19\), angina\(^14\), tracheitis\(^4\), pharyngitis\(^14\), laryngitis\(^4\), sore throats\(^15\), inflammation\(^24\), gastritis\(^17\), arthritis\(^15\), arteriosclerosis\(^14\) and urinary tract infections\(^14\). It is used externally for tumours\(^4\), furuncles\(^1\), abscesses\(^1\), gingivitis\(^14,15\), glossitis\(^14\), stomatitis\(^14\), mouth ulcers\(^15\), bad breath\(^14\), herpes lesions\(^27\), shingles\(^14\), minor burns\(^14,20\), varicose ulcers\(^14\) and mycosis\(^14\).
**Favourable Associations**

- **Resist Tea** infusion to fight all types of infections. Drink 1 litre per day.
- **Pulmona Tea** infusion for respiratory tract infections. Drink 1 litre per day.
- **Urina Tea** infusion for urinary tract infections and prostatitis. Drink 1 litre per day.
- **Prostate Tea** capsules for urinary tract infections and prostatitis. Take 1 to 4 capsules per day, as needed.
- **Bayberry, Raspberry Leaf** and **Chamomile** in a compress for conjunctivitis and as a gargle to soothe sore throats.
- **Sinus Tea** or **Cold/Flu Tea** capsules for sinusitis, rhinitis and seasonal allergies. Take 1 to 3 capsules, 2 or 3 times per day.
- **Mullein and Garlic Oil** for otitis. Apply the warm oil around the ear and rub into the skin.

**Synergy of the Mixture**

- **Echinacea** is used to fight all types of infections, whether viral or bacterial in origin. It has a toning effect on the immune system, favouring the body’s normal defence reactions. It is preferable to take small, frequent doses during the acute phase of an illness.
- **Propolis** is essentially antibiotic and anti-inflammatory.

**Certification**

Certified organic by an independent third party (Ecocert Canada)
Manufactured according to Good Manufacturing Practices; Natural Health Products Directorate, Health Canada

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