

Forever Echinacea

Description and Purpose

Echinacea has a rich tradition in the culture of the North American plains Indians, who used it more than any other plant to help maintain their health during the winter. They also applied root poultices, used echinacea mouthwash and drank the tea. It was prominent in America until the 1940s. The Europeans, who discovered it in the 1930s, still use it extensively.

Botanists named the plant after the hedgehog (Echinus) to describe its prickly, cone-like centre. It grows naturally in the Midwest states from western Pennsylvania to Kansas and as far south as northern Texas. Hundreds of scientific studies have indicated that echinacea can help support the body's immune system.

In recent years, research has discovered a mechanism through which echinacea may help. One of the primary defence mechanisms of the body is a jelly-like substance called hyaluronic acid (HA). HA occurs in the tissues between cells to cement them together. There is an enzyme, hyaluronidase, which attacks HA, when it does, the HA quickly loses its jelly-like viscosity, and this protective cement loses its effectiveness. If the enzyme is allowed to destroy the integrity of the HA barrier, immune function may suffer. Echinacea has been shown to prevent the enzyme from dissolving HA.

Note: if you are pregnant or trying to become pregnant, please consult your doctor before using this product.

At a glance...

- Contains a highly prized form of echinacea (containing *purpurea* and *angustifolia*)
- Can help support the immune function
- Contains goldenseal and grapeseed extract
- Helps maintain good health



Echinacea contains both of the most highly prized forms of echinacea (purpurea and angustifolia), plus goldenseal and grapeseed extract, for maximum benefits.

Formula Ingredients

Serving size: 2 Tablets	Amount Per Serving
Proprietary Blend	500mg
Echinacea purpurea (whole herb)	*
Echinacea angustifolia (root)	*
Goldenseal (root)	300mg*
Grapeseed extract	100mg*

* Daily Value not established.

Other Ingredients

Cellulose, stearic acid, magnesium stearate, croscarmellose sodium, silicon dioxide and hydroxypropyl methylcellulose.

Contents

60 tablets.

Suggested Use

Take 1 tablet twice daily. For best results, after taking Forever Echinacea for 4 to 8 weeks, a break of 7 days is recommended before resuming use of this product.

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