

Echinacea

Reduces Cold Symptoms

Available in 60 softgel capsules

Bioclinic Naturals Echinacea uses organically grown echinacea from our farms in Canada's Okanagan region. The hand-picked flowers, stem, leaves and roots are processed fresh and then standardised to ensure maximum potency.

- Full-spectrum fresh herb extract standardised to contain Echinacea's (*Echinacea purpurea*) three active compounds – alkylamides, polysaccharides and cichoric acid with guaranteed pharmaceutical-grade purity.
- Proven to reduce the severity and duration of upper respiratory tract infections, including the common cold and flu by over 70%.^{1,2}
- Bioclinic Naturals Echinacea has been tested in two randomised, double-blind, placebo-controlled phase II clinical trials.^{1,2}
- Certified organic, hand-picked echinacea from our farms in Canada's Okanagan region.



Active Ingredient

Each capsule contains:



Echinacea (<i>Echinacea purpurea</i>) extract dry concentrate	93.75 mg
Equivalent to fresh whole plant	1.875 g

Directions for use: Adults 5 softgels per day at first sign of infection or as directed by a health care practitioner.

Bioclinic Naturals Echinacea

Has been shown through clinical trials and laboratory evidence to be an effective stimulant of the innate immune system reducing the severity and duration of upper respiratory tract congestion and sore throat.¹⁻⁴

Has been clinically shown to reduce the symptoms of common colds and flu, as well as relieve the symptoms of a sore throat/pharyngitis.^{1,2}

Is the first echinacea extract to meet the rigorous scientific standard required of pharmaceuticals.^{1,2}

Clinical Trials

Efficacy of a standardised echinacea preparation (Echinilin) for the treatment of the common cold: a randomised, double-blind, placebo-controlled trial.¹

Abstract:

Recently, echinacea has regained popularity as one of the treatments chosen most commonly by consumers with the expectation that it will reduce the severity and duration of the common cold. However, the results from a limited number of clinical trials for this application have thus far been inconclusive.

This incongruity may be the result of investigators utilising poorly standardised echinacea products, likely devoid of sufficient quantities of active constituents necessary to exert a definitive clinical effect.

Therefore, a formulation containing alkamides, cichoric acid, and polysaccharides at concentrations of 0.25, 2.5, and 25 mg/mL, respectively, was prepared from freshly harvested *Echinacea purpurea* plants (commercially available as Echinilin, Natural Factors Nutritional Products, Inc., Vancouver, BC, Canada). The objective of this study was to test the efficacy of this highly standardised formulation in reducing the severity and duration of symptoms of a naturally acquired common cold.

In a randomised, double-blind, placebo-controlled trial, 282 subjects aged 18-65 years with a history of two or more

colds in the previous year, but otherwise in good health, were recruited. The subjects were randomised to receive either echinacea or placebo. They were instructed to start the echinacea or placebo at the onset of the first symptom related to a cold, consuming 10 doses the first day and four doses per day on subsequent days for 7 days. Severity of symptoms (10-point scale: 0, minimum; 9, maximum) and dosing were recorded daily. A nurse examined the subjects on the mornings of days 3 and 8 of their cold.

A total of 128 subjects contracted a common cold (59 echinacea, 69 placebo). The total daily symptom scores were found to be 23.1% lower in the echinacea group than in placebo in those who followed all elements of the study protocol ($P < 0.01$). Throughout the treatment period, the response rate to treatments was greater in the echinacea group. A few adverse event profiles were observed in both groups.

Early intervention with a standardised formulation of echinacea resulted in reduced symptom severity in subjects with naturally acquired upper respiratory tract infection. Further studies with larger patient populations appear to be warranted.

A proprietary extract from the echinacea plant (*Echinacea purpurea*) enhances systemic immune response during a common cold.²

Abstract:

In a previous paper, it was reported that Echinilin (Factors R & D Technologies, Burnaby, British Columbia, Canada) a formulation prepared from freshly harvested *Echinacea purpurea* plants and standardised on the basis of three known active components (alkamides, cichoric acid and polysaccharides) is effective for the treatment of a naturally acquired common cold.

However, the mechanism by which this effect is achieved remains unknown. In the present study, Echinilin or placebo were administered to volunteers at the onset of their cold for a period of 7 days, with eight doses (5 mL/dose) on day 1 and three doses on subsequent days.

Fasting blood samples were obtained before and during their colds. The decrease in total daily symptomatic score was more evident in the echinacea group than in the placebo group. These effects of echinacea were associated with a significant and sustained increase in the number of circulating total white blood cells, monocytes, neutrophils and NK cells. In the later part of the cold, the echinacea treatment suppressed the cold-related increase in superoxide production by the neutrophils.

These results suggest that Echinilin, by enhancing the non-specific immune response and eliciting free radical scavenging properties, may have led to a faster resolution of the cold symptoms.

Warning: Vitamin supplements should not replace a balanced diet.

References

1. Goel V, Lovlin R, Barton R, Lyon MR, Bauer R, Lee TD, Basu TK. Efficacy of a standardized echinacea preparation (Echinilin) for the treatment of the common cold: a randomized, double-blind, placebo-controlled trial. *J Clin Pharm Ther.* 2004 Feb;29(1):75-83.
2. Goel V, Lovlin R, Chang C, Slama JV, Barton R, Gahler R, Bauer R, Goonewardene L, Basu TK. A proprietary extract from the echinacea plant (*Echinacea purpurea*) enhances systemic immune response during a common cold. *Phytother Res.* 2005 Aug;19(8):689-94.
3. Goel V, Chang C, Slama JV, Barton R, Bauer R, Gahler R, Basu TK. Alkylamides of *Echinacea purpurea* stimulate alveolar macrophage function in normal rats. *Int Immunopharmacol.* 2002 Feb;2(2-3):381-7.
4. Goel V, Chang C, Slama J, Baron R, Bauer R, Gahler R, Basu T. Echinacea stimulates macrophage function in the lung and spleen of normal rats. *J Nutr Biochem.* 2002 Aug;13(8):487.



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