

Immune System Support

Herbs

Black Elderberry- *Sambucus nigra*: Antiviral, diaphoretic, expectorant, and high in antioxidants/More recent in vitro studies have supported this mechanism by demonstrating that Elderberry extract acts to inhibit H1N1 viral infection in vitro by binding to H1N1 virions, blocking host cell entry and/or recognition, thus blocking replication of the virus, which must occur inside the cell(2). A recent pilot clinical trial examined the effect of Elderberry in the treatment of flu-like symptoms and showed positive outcomes for decreasing fever, headache, and nasal congestion at 24 and 48 hours post starting Elderberry extract(3) Parts used-berries, must cook or simmer berries before consumption.

Echinacea- *Echinacea purpurea* or *Echinacea angustifolia*: Immune stimulant, anti-inflammatory, increases sweating, parts used-root.

Astragalus-*Astragalus membranaceus*: adaptogenic, immune stimulant, diuretic, antiviral, parts used-roots.

Ginger-*Zingiber officinale*: warming, circulatory stimulant, inhibits coughing, anti inflammatory, high in Zinc, part used-root.

Oil of Oregano: Oil of oregano is found in the Mediterranean, medicinal grade oregano is distilled to extract the essential oil and to preserve its healing compounds contains two powerful compounds of carvacrol and thymol that have powerful antibacterial and antifungal properties.

Propolis: Propolis is a waxy substance produced from tree resin and sap collected by bees. it also is used to support healthy immune system functions and soothe mucosal tissues.

Mushrooms:

Turkey Tail-Trametes versicolor: supportive to the immune system

Supplements:

Vitamin C: water soluble vitamin, enhance immune support, antioxidant, increasing white blood cells, antibody responses, (ascorbic acid), Mineral salts of ascorbic acid (mineral ascorbates) are less acidic, and therefore, considered "buffered." mineral ascorbates are often recommended to people who experience gastrointestinal problems (upset stomach or diarrhea) with plain ascorbic acid.

Zinc: warming immune boosting, A daily intake of zinc is needed as the body does not store it. Zinc maintains healthy activity at the cellular level, and plays a role in immune function.

Colloidal Silver: anti-viral, anti-inflammatory, documented over 650 different disease-causing pathogens that were destroyed in minutes when exposed to small amounts of silver(6).

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

Sources

Gaia web page

2. Zichria Zakay-Rones, Noemi Varsano, Moshe Zlotnik, Orly Manor, Liora Regev, Miriam Schlesinger, Madeleine Mumcuoglu, Inhibition of Several Strains of Influenza Virus in Vitro and Reduction of Symptoms by an Elderberry Extract (*Sambucus nigra* L.) during an Outbreak of Influenza B Panama, *The Journal of Alternative and Complementary Medicine*. Winter 1995, 1(4): 361-369. doi:10.1089/acm.1995.1.361.

3. King H.F., Pilot clinical study on a proprietary elderberry extract: efficacy in addressing influenza symptoms, *Online Journal of Pharmacology and Pharmacokinetics*, 2009; 5: 32-43.

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