

**Cold&Flu** is designed to strengthen the body's immune response as well as provide direct antiviral and antibacterial activity against seasonal conditions such as colds and flus. It contains a broad spectrum of high-potency plant extracts to improve resistance to these seasonal conditions.

Andrographis, astragalus, reishi, maitake and shiitake act as tonics to the immune system. Echinacea, elderberry, reishi and shiitake increase antiviral immunity. myrrh, rosemary and berberine have antimicrobial effects. All of these act in synergy to reduce the symptoms of seasonal respiratory conditions.

**Ingredients:** Common andrographis (*Andrographis paniculata*) areal parts extract, astragalus (*Astragalus membranaceus*) root extract, elderberry (*Sambucus nigra*) fruit, echinacea (*Echinacea purpurea*) root extract, rosemary (*Rosmarinus officinalis*) leaf extract, myrrh (*Commiphora myrrha*) resin, maitake (*Grifola frondosa*) extract, reishi (*Ganoderma lucidum*) extract, shiitake (*Lentinula edodes*) extract, anticaking agent (magnesium salts of fatty acids and silicon dioxide), *Berberis aristata* bark extract, vegetable capsule (glazing agent: hydroxypropylmethylcellulose; humectant: purified water).

Nutritional information:	1 capsules (662 mg)	Size and format: 15 vegetable capsules
Andrographis ( <i>A. paniculata</i> ) (30% andrographolides)	200 mg	<b>Recommended daily dose:</b> 1 capsule daily with food. Consult a health-care practitioner for use beyond 10 days. Do not exceed the stated recommended daily dose.
Astragalus ( <i>A. membranaceus</i> ) (3% astragalosides)	190 mg	
Elderberry ( <i>Sambucus nigra</i> )	50 mg	
Echinacea ( <i>Echinacea purpurea</i> ) (4% polyphenols)	30 mg	
Rosemary ( <i>Rosmarinus officinalis</i> ) (5% carnosic acid)	30 mg	
Myrrh ( <i>Commiphora myrrha</i> )	30 mg	
Maitake ( <i>Grifola frondosa</i> ) (40% polysaccharides)	10 mg	
Reishi ( <i>Ganoderma lucidum</i> ) (40% polysaccharides)	10 mg	
Shiitake ( <i>Lentinula edodes</i> ) (40% polysaccharides)	10 mg	
Berberine (from <i>Berberis aristata</i> )	1,75 mg	

#### Indications and uses:

Helps relieve cold and flu symptoms  
Shortens the duration and reduces the severity of symptoms

#### Cautions:

Do not use if you are pregnant or breast-feeding. Consult a health-care practitioner prior to use if you are being treated with medication (immunosuppressants, sedatives, anticoagulants) or if you have a special medical condition (autoimmune disorder, diabetes).

**ANDROGRAPHIS:** A native plant to the Indian subcontinent and cornerstone of Ayurvedic medicine. Our standardized extract contains 30% andrographolides, which exert a therapeutic action on the immune system<sup>(1)</sup>. Clinical trials show a significant reduction in the severity of symptoms and the duration of the common cold and upper respiratory tract infections<sup>(2-5)</sup>.

**ASTRAGALUS:** Astragalosides are active compounds capable of activating immune cells to fight bacterial and viral infections<sup>(6)</sup>. Astragalus extract reduces upper respiratory tract infections<sup>(7-8)</sup>.

**ELDERBERRY:** Clinical trials show that elderberry reduces the duration of symptoms by an average of 4 days compared to placebo. It's also effective against bacterial respiratory tract infections from the flu<sup>(9-11)</sup>.

**ECHINACEA:** Diverse studies have shown it can reduce the possibility of developing the common cold and can also reduce its duration. And thanks to its immune-modulating, antiviral and anti-inflammatory properties, it also reduces the risk of recurring respiratory tract infections<sup>(12-14)</sup>.

**ROSEMARY:** Rosemary contains carnosic acid, which has antioxidant and antimicrobial properties<sup>(15-16)</sup>.

**MYRRH:** The resin myrrh helps reduce excessive mucus production in the lungs and the upper respiratory tract. It also possesses antimicrobial, anti-inflammatory and analgesic properties<sup>(17-18)</sup>.

**MAITAKE:** A mushroom traditionally used in Eastern medicine for its immune-favouring properties, it also increases antibody production in response to vaccination against the flu virus, and reduces common cold symptoms <sup>(19-21)</sup>.

**REISHI:** This mushroom is well known for its immune-modulating capability, which contributes to the body's ability to fight infections. In addition to this immune-modulating capability, it also has anti-inflammatory activity that helps with the treatment of allergies and the flu <sup>(22-25)</sup>.

**SHIITAKE:** Shiitake has been traditionally used to strengthen the immune system. Lentinan, a beta-glucan from shiitake, has antiviral properties and may have protective effects against the flu virus <sup>(26-28)</sup>.

**BERBERINE:** This potent antimicrobial alkaloid is widely used in Ayurvedic medicine. Berberine has been shown to exert antibacterial effects in gram-positive bacteria (*S. aureus*, *B. subtilis*), gram-negative bacteria (*E. coli*, *P. aeruginosa*) and yeasts (*C. albicans*, *C. glabrata*) <sup>(33)</sup>. Berberine also shows activity against different viruses including viruses of the respiratory

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