

# Echinacea Plus

## Respiratory and Immune Formula\*

**Echinacea Plus** is a blend of two botanicals, echinacea (*Echinacea purpurea*) and ivy (*Hedera helix*), with a long history of traditional use for supporting respiratory tract health.\* Echinacea EFLA® 894 is an advanced 45:1 extract of the dried, cold-pressed juice of freshly harvested blooming flowers of non-GMO *Echinacea purpurea*, standardized to  $\beta$ -1,2-D-fructofuranosides, in a 45:1 ratio. Echinacea EFLA® 894 has clinical and preclinical data suggesting it supports immune system function.\*



#57630

60 vegetarian capsules

### Key Features

- Research suggests Echinacea EFLA® 894 strengthens immune defenses, and promotes a balanced immune response under stress\*
- Ivy is a traditional remedy for bronchial irritation and supports respiratory health, backed by modern research in children and adults\*
- Provides 230 mg of Echinacea EFLA® 894 and 25 mg of ivy per vegetarian capsule
- Free of common allergens and vegan friendly



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As early as 1915, studies demonstrated echinacea had the power to stimulate immune system function.\* Now we know its effects on immune function are more complex, and studies increasingly describe it as having immunomodulatory properties.\* Additionally, studies have shown that echinacea has antioxidant potential and may reduce oxidative damage associated with the immune response.\*

Echinacea EFLA® 894 specifically has displayed both immunostimulatory and immunomodulatory effects.\* In animals under stress, Echinacea EFLA® 894 helped restore immune balance, attenuating the adverse effects of stress on immune function.\* Cellular and human studies also suggest Echinacea EFLA® 894 improves immune defenses, supporting normal, healthy lymphocyte levels and the innate immune response.\*

Multiple meta-analyses suggest echinacea supports respiratory health, particularly in individuals with higher stress levels or immunological weakness.\* Multiple studies have shown its safety in children and adults both with acute and long term use, although it should be used with caution in those with an allergic disposition or known allergies to members of the Asteraceae family (which also includes arnica, chamomile, and calendula).

Ivy is a traditional remedy for bronchial irritation and congestion, and has been shown to have anti-spasmodic and mucolytic effects.\* Ivy also supports the health of the alveoli, improving surfactant secretion which supports normal, healthy gas exchange.\*

Multiple clinical studies have shown ivy supports normal respiratory function and healthy airflow.\* In children, ivy improves sleeping difficulties associated with bronchial irritation, and has comparable effects to the natural mucolytic N-acetylcysteine.\*

#### References:

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## Supplement Facts

Serving Size	1 Capsule
Servings Per Container	60
Amount Per Serving	% Daily Value
<i>Echinacea purpurea</i> Extract 45:1 (from dry pressed juice) (Echinacea EFLA® 894)	230 mg †
Ivy (Leaf) Extract 5.5:1 (standardized to 10% Hederacosides C)	25 mg †
† Daily Value not established.	

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, Nu-MAG® (rice extract, rice hulls, gum arabic, sunflower oil).

**Suggested Use:** As a dietary supplement, 1 capsule one or two times daily with or without food, or as directed by a healthcare practitioner.



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