

HERBAL HEAD COLD

Practitioner Quality Compound

Active Ingredients

Each 10mL contains extracts equivalent to:

Elder Flowers (<i>Sambucus nigra</i>)	2100mg
Eyebright (<i>Euphrasia officinalis</i>)	1050mg
Echinacea (<i>Echinacea purpurea</i>)	1050mg
Ribwort (<i>Plantago lanceolata</i>)	840mg
Yarrow (<i>Achillea millefolium</i>)	700mg
Lime Flowers (<i>Tilia cordata</i>)	700mg
Calendula (<i>Calendula officinalis</i>)	420mg
Cinnamon (<i>Cinnamomum verum</i>)	210mg

Also contains:

Aniseed Oil (*Pimpinella anisum*)
Glycerol

Overview

Herbal Head Cold has been specifically designed to reduce the duration and intensity of upper respiratory tract (URT) infections. URT infections

are one of the most common reasons for a doctor's visit. Commonly prescribed medications for the symptoms of URT infections such as antibiotics, corticosteroids or antihistamines can have a range of side effects and may not address the underlying causative factors. Herbal medicines have a wide range of therapeutic application and work by supporting the body's own natural defences. They also help to prevent recurring infections by boosting immunity. URT infections are most effectively treated in the early stages with herbal medicines. Some of the most potent antiviral, antibacterial, anti-inflammatory, immune-modulators and antioxidant agents are available in plants.

Due to their chemical complexity as opposed to single compounds, herbal medicines have a broad treatment approach and are less likely to produce unwanted side effects or trigger microbial resistance.¹



Elder Flowers
(*Sambucus nigra*)

Acute URT infections can present with signs and symptoms of sinus inflammation, purulent sinonasal secretions, post nasal drip, cough, pharyngitis, fever, malaise, muscle aches, sweating, sneezing, chills and headache. Chronic URT congestion is more commonly related to allergies yet can present with similar symptoms.²

Naturopathic treatment of the common cold must address the immune function of the individual, as well as their predisposing factors such as diet, nutrition, lifestyle, stress and hygiene to build resistance to infections. The best treatment is prevention and herbal medicines can be taken as a prophylactic.

Herbal medicines in Herbal Head Cold complement each other to produce a powerful balanced remedy to effectively target the infection and reduce congestion of the URT. Actions covered by Herbal Head Cold include immune enhancing, antimicrobial, antiviral, antibacterial, diaphoretic, anti-inflammatory, mucolytic, anti-catarrhal, antioxidant and lymphatic. Herbal Head Cold can be

taken to either help prevent an infection or alleviate the symptoms of a current infection.

Contraindications

Avoid with known sensitivity to Asteracea (Compositae) family. Do not use in pregnancy or lactation. Not to be used in children under two years of age without medical advice. Always read the label, keep out of reach of children, use only as directed. If symptoms persist consult your healthcare practitioner.

Administration and Dosage

Dose: Take 10mL twice daily in juice or water before food. Higher doses can be taken under supervision in more severe cases of cold or flu.

Herbal Head Cold is a unique pleasant tasting herbal complex in a glycerol base. Glycerol has a slightly sweet flavour, which is enhanced with cinnamon and the added essential oil component of aniseed.

Herbal Components

HERB NAME	DESCRIPTION
<p>Elder Flowers (<i>Sambucus nigra</i>)</p> 	<p>Elder flowers are an important inclusion in any herbal cold and flu remedy. Traditionally, elder flowers are used to treat colds and flu due to their potent diaphoretic action. Elder flowers have been shown to strongly inhibit viral replication against retro viruses, including Influenza A and B and is particularly effective during the early stages of infection. High in anthocyanidins and the flavonoids rutin and quercetin, elder flowers can relieve the symptoms of URT infections such as mucous discharge and congestion. Elder flowers will help to remove excess catarrh, stimulate the immune system and act as a diuretic and antioxidant. Inhibition of cytokine production, reduction of the lipoxigenase pathway and enhancement of phagocytosis result in a potent anti-inflammatory action on the sinus mucosal passages.³⁻⁶</p>
<p>Echinacea (<i>Echinacea purpurea</i>)</p> 	<p>As an immune-modulator, echinacea is both a preventative and treatment for a wide range of infections. The active constituents of echinacea that have been studied for their effect on the immune system are the polysaccharides and the alkylamides in particular chicoric acid. Alkylamides are the active responsible for the characteristic tingling sensation on the tongue. Chicoric acid exhibits anti-viral activity, and is specific to echinacea. Echinacea whole plant was shown to be superior to other species in its phagocytic activity. Echinacea also has anti-inflammatory, antibacterial, antioxidant, vulnerary and lymphatic properties which are specific actions needed for treatment of infection.⁷⁻¹⁰</p>

Eyebright
(*Euphrasia officinalis*)



Traditionally used as a tonic for the eyes, eyebright exhibits specific astringent and anti-inflammatory activity on the eyes and URT. Eyebright contains flavonoids, iridoid glycosides, tannins and alkaloids that reduce inflammation and relieve nasal catarrh, especially when associated with hayfever like symptoms of excess sneezing, sore throat and post nasal drip. The wide antiviral and antibacterial activity of eyebright has been attributed to its iridoid glycoside component aucubin, or more specifically its a-glycone aucubigenin. Aucubin is present in many plants that have been traditionally used to treat recurrent URT infections suggesting it may possess chemically relevant antimicrobial and anticatarrhal actions. Used daily, eyebright can prevent recurrent conjunctivitis and may help to relieve eye strain. Eyebright is also a mucous membrane trophorestorative, anti-inflammatory and anticatarrhal agent specific for assisting or preventing allergic or congestive conditions of the URT.¹¹⁻¹⁴

Ribwort
(*Plantago lanceolata*)



Ribwort is native to Australia and used to treat infections of the URT. Its main active constituent is the iridoid glycoside aucubin, well researched for its antimicrobial and anti-inflammatory action. Aucubin has been shown to inhibit prostaglandin synthesis. Containing mucilage and tannins, ribwort also offers a vulnerary, anticatarrhal and astringent action on the respiratory tract.¹⁵

Yarrow
(*Achillea millefolium*)



Yarrow has strong actions as an antipyretic and was mainly used traditionally as a diaphoretic to treat fever conditions associated with the common cold. Yarrow contains flavonoids and volatile oils including pinene, cineole and azulenic components which give the characteristic blue colour of the oil upon steam distillation. These components are attributed to the strong anti-inflammatory and antibacterial activity of yarrow. The antipyretic and hypotensive actions are essential for acute URT infections associated with an increase in body temperature and are thought to be due to the presence of alkaloids. Yarrow exhibits antimicrobial activity and is a mucous membrane tonic used for slow healing wounds, making it an excellent remedy for recurrent URT infections due to poor mucosal protection.¹⁶⁻¹⁸

Lime Flowers
(*Tilia cordata*)



Lime flowers have a long traditional use as a diaphoretic for use in treating colds and flu. Today research has shown that lime flowers are vasodilatory and have a relaxing, mild sedative action, making this an ideal remedy for the treatment of acute, feverish URT infections. Essential oils, mucilage, flavonoids and proanthocyanidins present in lime flowers contribute to its systemic antispasmodic and diaphoretic effects. Lime flowers are significant for URT catarrh and congestion, especially when headaches are associated with an increase in sinus pressure. As a mild sedative, lime flowers can be beneficial in patients with underlying nervous conditions which can prevent regenerative sleep.¹⁹⁻²¹

Calendula
(*Calendula officinalis*)



Calendula is one of the chief antimicrobial and anti-inflammatory herbs for the mucous membranes of the oral pharyngeal mucosa. Calendula is an important addition to a herbal complex for the treatment of URT infections. Traditionally used both internally and topically, calendula's anti-inflammatory action is attributed to the flavonoid components ability to inhibit the lipooxygenase pathway. Calendula has been shown to be effective in reducing inflammation in the nose and throat. Calendula is a mild diaphoretic and an efficient lymphatic, helping to remove the metabolic and toxic by products from acute infections.²²⁻²⁴

Cinnamon
(*Cinnamomum verum*)



Classically a warming circulatory tonic, cinnamon is used for this purpose across many modalities including Traditional Chinese Medicine, Western Herbal Medicine and Ayurvedic Medicine. Cinnamon has notable activity as a potent anti-inflammatory and antioxidant as well as having astringent, antiviral, antifungal and antibacterial properties with most of its action coming from the essential oil components. Cinnamon exhibits analgesic and astringent activity, making it applicable to reduce catarrh in the nasal passages while easing a sore throat.²⁵⁻²⁸

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