



Lemuria®

T.E. Total Extract Echinacea

TO STRENGTHEN IMMUNE DEFENSES



Plant:

Echinacea (Echinacea Purpurea Moench) is a plant of the Asteraceae family native to North America and Mexico. There are numerous species and varieties of the Echinacea genus but only three of these are considered officinal: E. angustifolia DC, E. pallida Britton, E. purpurea Moench.

History:

It was the Native Americans who first understood its beneficial activities, in fact, they used it as a herbal tea to treat fever, as a poultice for various types of wounds and for insect bites and snake bites. It was also included in formulations for gum rinses (for gingivitis and stomatitis) and used as an infusion for colds and arthritis. Echinacea was then brought to Europe where it spread widely.

Activity:

The root of the various species of echinacea contains phenolic compounds, caffeic acid derivatives including echinacoside, and polysaccharides (arabinogalactans and arabinoxylans). Echinacea has modulating effects on the immune system that have been demonstrated in numerous experimental and human studies. These actions would be due to particular substances, the polysaccharides that increase the production of secretory immunoglobulins A (ie those produced in the mucous membranes) in areas of the body subject to attack by bacteria and viruses (including throat, nose, intestine). The polysaccharides together with the echinacoside facilitate the attraction of bacteria and their digestion by immune cells, in addition, arabinogalactans promote the release of key messenger substances in the immune system (eg interferon and various interleukins). Taking Echinacea during the winter season can reduce the risk of acute respiratory infections, also reducing the duration and intensity of the symptoms of infections. The data published in the scientific literature confirm that Echinacea extracts, if taken at the recommended dosages, generally do not cause noteworthy side effects. Echinacea, however, should not be taken by people who are on immunosuppressive drugs, or by those allergic to Echinacea itself. There are no known drug interactions. The extracts should not be used during pregnancy and breastfeeding without first consulting your doctor.

The intake for preventive purposes is traditionally done in cycles starting from early September, it is possible to continue until late spring: 15-20 days of treatment per month, followed by a break of about ten days, and then it starts again.

In acute: start taking Echinacea at the first symptoms of the disease and continue for at least 10 days.

Ingredients:

Fructose, Water, Echinacea (*Echinacea purpurea* Moench L.). root, extract (D: E = 1: 1). This is a total extract 1: 1 in 70% fructose solution.

Directions:

Children of 12 years: 10 drops 3 times a day. 6 years old children: 6 drops 3 times a day. Adults: 20 drops 2/3 times a day. The drops can be taken as they are directly in the mouth or diluted in a little liquid.

Packaging:

Bottle of 30 ml

Claim recognized:

Echinacea root favors the body's natural defenses.

The Echinacea ET could be combined, in the preventive phase, with the ET of rosehip, black currant, Propolis, Cranberry, with a reduction of the recommended doses.

<https://www.lemuria.it/prodotto/e-t-echinacea/>