Natural Antibiotic

General Description
Echinatol is a unique formula containing natural antibiotics, antibacterials, and anti-viral and anti-fungal agents. It combines Echinacea angustifolia (echinacea) root & rhizome with Allium sativum bulb (Arizona garlic), high potency anti-oxidants and biotin.

Echinatol is very useful as a protective antibiotic throughout the winter.

Product Features And Highlight
Echinatol is a broad-spectrum antibiotic with immune stimulating properties. The echinacoside and echinacein have been concentrated in the extraction process. The Arizona garlic is odourless.

Active Ingredients
Each tablet contains:

- Echinacea angustifolia (echinacea) root & rhizome 750 mg
- Allium sativum bulb (Arizona garlic) 100 mg
- Biotin 200mcg
- Beta-carotene 6 mg
- Pyridoxine HCl (vitamin B6) 10 mg
- Ascorbic acid 500 mg
- d-alpha tocopherol acid succinate 84 mg
- Equiv. vitamin E 100 IU
- Zinc amino acid chelate 21.5mg
- Equiv. zinc 2.15mg

Contains corn starch

Dosage
In acute situations, at symptom onset take 6 tabs/daily (2 tabs TDS). Continue for up to 48 hrs after symptoms subside.

Prophylaxis, take 1-2 tablets daily for people prone to infection.

Indications
A herbal, vitamin and mineral preparation which may help maintain general wellbeing. Echinacea contains echinacosides, which assist healing wounds and the treatment of skin and mucous membrane inflammation. Assisting the relief of symptoms of Catarrh, Colds and Flu infections.

Possible Uses
The active ingredients in Echinatol, when appropriately prescribed, may assist patients suffering from the following conditions. This statement does not imply or make a claim for a cure for these disorders. The use of Echinatol should be based on published and relevant scientific and clinical data for each condition.

Wherever antibiotics, anti-viral and anti-fungal agents are indicated.

The biotin is especially useful in Candida and candidiasis (thrush). The Arizona garlic is odourless and useful against bacterial, viral and fungal infections. Echinacea is the strongest available and is very important for stimulation of the immune system. Zinc and vitamin B6 are included for immune function and detoxification processes.

Allergies (some)
- Respiratory Tract Infections
- Skin infections
- Tonsillitis
- Upper respiratory infections
- Urinary tract infections
- Vaginitis

Literature Review

Echinacea angustifolia (echinacea)
Echinacea is a North American herb used by the Native American Indians against more illnesses than any other plant. Its primary clinical applications have been in cases of infection or when immune system enhancement is desired. Numerous studies have shown that Echinacea...
has profound immune stimulatory effects resulting in enhanced T-cell mitogenesis, macrophage phagocytosis, anti-body binding and natural killer cell activity, as well as increased levels of circulating neutrophils. Echinacea is regarded as an extremely safe herb with no reported toxicity. [1, 2]

The oral administration of Echinacea to healthy males for 5 consecutive days resulted in an increase of 120% in granulocytic phagocytosis. [3] Polysaccharide extracts produced from *Echinacea purpurea* have in vitro activated macrophages to cytotoxicity against microorganisms. Furthermore, it induced macrophages to produce tumour necrosis factor, interleukin-1, and interferon-beta 2. [3]

Echinacea has developed a reputation for assisting with symptoms and occurrence of influenza and common colds. 180 patients with influenza were given either *Echinacea purpurea* at 900 mg or a placebo. Patients receiving the Echinacea showed significant reduction in flu symptoms. [4] 108 patients with colds received an extract of Echinacea or placebo for 8 weeks. Patients receiving Echinacea had less severe symptoms and resolved quicker. Patients showing evidence of a weakened immune system (CD4/CD8-ratio < 1.5) benefited the most from Echinacea. [5]

Echinacea has been shown to assist wound healing and control of herpes. Echinacea greatly accentuates the efficiency of topical antmycotic agent (econazol nitrate) in preventing recurrence of vaginal candidiasis. Echinacea reduced recurrence rate from 60.5% to between 5 and 16.7%. [6]

**Vitamin C**

Vitamin C has been shown to enhance immunity. [6] In a study of healthy students receiving 1 gram vitamin C daily, immunoglobulin levels showed a significant increase compared to controls. [7]

Supplementation may also stimulate neutrophil motility and enhance phagocyte antimicrobial activity. [4] Although vitamin C has not been shown to prevent colds it can decrease symptoms and some individuals achieve dramatic results. [8, 9]

Vitamin C can significantly reduce the recurrence of cold sores. In a study 30 out of 38 patients with recurrent cold sores remained free of eruptions for 4 years after starting supplementation with vitamin C at 1-2 g/day. [10] Vitamin C in combination with zinc has also given excellent results in controlling cold sores. [11]

**Allium sativum (Arizona garlic)**

Garlic possesses significant anti-infective and immune enhancing properties. Extracts of garlic have been shown to enhance T-lymphocyte and macrophage function, they also increase natural killer cell activity. [12]

**Biotin**

In response to biotin supplementation there was an increase in lymphocyte carboxylase activity in 22 malnourished children. [13] Biotin is especially useful in candida and candidiasis (thrush).

**Beta-carotene**

Beta-carotene is a precursor to vitamin A. Modest doses stimulate immune response [14] and increase the percentage of lymphoid cells with surface markers for T helper and natural killer cells. [15]

**Vitamin E**

There is evidence that vitamin E is important for immune function, although exactly how is not clear. It works synergistically with other anti-oxidants in this respect, particularly selenium. Vitamin E supplementation has been shown to improve cellular and humoral immunity even in healthy subjects. [14, 18] A recent placebo-controlled study showed beneficial effects in a group of healthy elderly patients given alpha tocopherol orally for one month. [19]

**Pyridoxine Hydrochloride**

Vitamin B6 supplementation has been shown by Oregon State University research to significantly
improve immune response. Supplementation of elderly persons showed significant increases in lymphocyte response to mitogens and antigens, and percentages of T3 and T4 cells increased significantly.

Summary

**Echinatol** is indicated wherever antibiotics, anti-viral and anti-fungal agents are indicated. A formula specific to immune function. Zinc and B6 are included for immune function and detoxification processes.

The glycosides present in Echinacea have been shown to have a stimulatory effect on the numbers and activity of the helper cells of the immune system. There is also a degree of responsiveness of the NK (Natural Killer cells) sub-population as well.

**Adverse Effects**

Hypersensitivity to any ingredient.

**References**