

QUICK REFERENCE SHEET

Echinacea Plus

Combination

Chamomile, Echinacea, Lavender, Oregon Grape, Peppermint



1.5 Echinacea Angustifolia
1.5 Echinacea Purpurea
1.0 Oregon Grape
0.5 Chamomile
0.5 Lavender
0.5 Peppermint

Total Herbs 5.5 oz
Glycerin Ratio - 1:11

Echinacea Plus was formulated as a gentle daily supplement to give your kids (and yourself) to nourish and boost immune function. Each of the herbs in this blend is there to calm and soothe when a person is experiencing sickness or sleeplessness. This formula is excellent for helping the body cope with stress. Studies show that anxiety and stress weaken the immune response in as little as 30 minutes. This formula is also meant to help rebuild the immune system after periods of long-term stress. It is one of my favorites for periods of high stress such as traveling or even during routine changes in life. A person should take this tincture regularly for the best results.

Echinacea contains vitamins A, C, and E, calcium, iron, iodine, potassium, and sulfur. Echinacea also has compounds that have antimicrobial and antiviral properties. Echinacea is said to shorten the duration of colds and flu and help ease sore throat pain and reduce fever.

Chamomile is soothing and relaxing. It aids digestion and promotes sleep. Chamomile improves immune system function and helps fight infections. It also soothes anxiety.

Lavender helps elevate mood, promotes relaxation, lifts depression, assists with digestive issues, and relieves headaches. Lavender has natural antibacterial properties and may protect against airborne viruses and bacteria.

Oregon Grape is antiviral, antibacterial, antifungal, and rich in antioxidants. As a result, it supports a healthy immune response. It contains the chemical known as berberine. Plants containing berberine always show a broad spectrum of antibiotic activity. The action of berberine is stronger than that of modern antibiotics but berberine produces no negative effects. Effectiveness against strep and staph is a hallmark of berberine-containing plants and usually requires only low doses for effectiveness.

Peppermint is useful for headaches, digestive issues, breathing problems, fever, and for breaking up excess mucous associated with a cold. Peppermint is antiviral and has antioxidant properties that support the immune system and general wellness.

Each of these wonderful herbs has a lot more information on their individual pages if you are interested in further information.