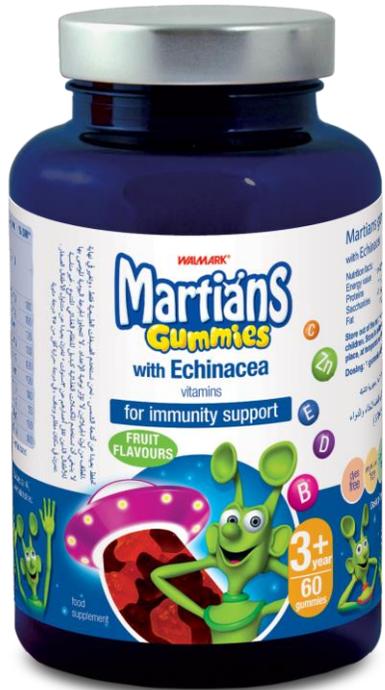


Echinacea support immune system and respiratory tract



- Echinacea has been **traditionally used** for treat and prevention cold and for respiration disease
- Echinacea induces cytokine production by human macrophages*
- **White blood cells and spleen cells increase in number** when Echinacea is taken; core body temperature rises
- As is the problem with most scientific studies on herbals, **well-designed, double-blind, placebo-controlled studies are few**



*Sources:

ROGER A. BURGER, ANTHONY R. TORRES a REED P. WARREN. ECHINACEA-INDUCED CYTOKINE PRODUCTION BY HUMAN. International Society for Immunopharmacology. 1998.

Evaluation of echinacea for the prevention and treatment of the common cold: a meta-analysis A SHAH, Sachin, Stephen SANDER, C Michael WHITE a Mike RINALDI. Evaluation of echinacea for the prevention and treatment of the common cold: a meta-analysis. Lancet Infect. 2007, 8.c