



## ECHINACEA WITH GARLIC AND GINGER

UPC CODE 0 646420 4531 7

NPN# 80016551

---

### NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

**Jamieson Echinacea with Garlic and Ginger is approved for the following NHPD claims:**

- Supportive therapy in the treatment of upper respiratory tract infections (e.g. common colds)
- Helps to relieve the symptoms and shorten the duration of upper respiratory tract infections

### GENERAL INFORMATION

Jamieson Herbal Remedies are an effective and safe approach to wellness, gently formulated using a carefully blended traditional recipe of herb powders, oils and extracts of guaranteed potency. Jamieson Echinacea with Garlic and Ginger contains natural ingredients used to ease, rather than suppress symptoms - a true holistic approach to wellness.

Echinacea species are perennial herbs native to midwestern North America, and belong to the family Asteraceae. Native Americans used Echinacea against more illnesses than any other plant. Echinacea is a powerful immune stimulant, antiseptic, antimicrobial, antiviral, and provides relief from sore throats, flu, colds, infections and allergies. There are at least nine species of Echinacea. Echinacea purpurea, also known as purple coneflower, is one of the most commonly used.

Echinacea purpurea contains many active constituents including polysaccharides, flavonoids, alkaloids, and essential oils. Many of these components have antibiotic and antifungal activity. Where antibiotics kill bacteria directly, Echinacea works by stimulating different types of cells in the immune system to enable the body to fight off viral and bacterial invaders.

Echinacea produces interferon (a substance that fights viruses) to respond to viral infections such as the common cold and flu. Studies have shown that by taking Echinacea extract at the first sign of a cold or flu, the symptoms have been known to completely disappear within 24 hours. It also scavenges the body for bacteria and cellular debris with its ability to increase the production and activity of white blood cells, lymphocytes, and macrophages.

For thousands of years, cultures around the world have made garlic a part of their regular diet. Considered nature's antibiotic, garlic also has anti-microbial, antiseptic and antiviral properties. It is useful for the prevention and treatment of cold, flu, chronic bronchitis, infections, and also to reduce blood pressure and cholesterol.

Ginger is used for nausea, motion sickness and as a diaphoretic – it helps reduce fevers. Ginger is also a stimulant, carminative, and it aids in the utilization of other herbs.

Jamieson Echinacea with Garlic and Ginger provides nutritional support for a healthy immune system. The active ingredients in garlic and ginger act as antibiotics, and together with Echinacea, protect the body from viral infection. Echinacea with Garlic and Ginger is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Echinacea with Garlic and Ginger from Jamieson Laboratories different...and why does that difference mean better?

- 1) Combines three effective herbal remedies, Echinacea, garlic, and ginger, to combat symptoms of the common cold or flu, as well as many other bacterial, viral, or fungal infections.
- 2) Contains Echinacea derived from a premium quality grade, designated botanical species.
- 3) The Echinacea plant has undergone a specialized process of European cultivation and European Phyto-Pharmaceutical extraction technology. This process captures a broad spectrum of vital

---

**For Accidental Overdose** (such as child ingesting formula)  
Dial 911, 0 for operator assistance or call you nearest Poison Control Centre.

**For Professional Use Only**  
The information contained here has been accumulated from many sources.  
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit [www.jamiesonvitamins.com](http://www.jamiesonvitamins.com) or call 1-800-265-5088 to speak to a Consumer Affairs representative  
07/21/10



plant compounds that have been scientifically tested for the biochemical activity and clinically validated for the pharmacological effects.

- 4) Our premium formulations are manufactured using the 360 Pure process – a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

## INGREDIENT INFORMATION

Available as 45 capsules.

Each capsule contains:

*Echinacea purpurea* herb tops (3:1) extract...100 mg  
Equivalent to 300 mg of raw herb.

## EXCIPIENTS

Gelatin, Dicalcium Phosphate, Cellulose, Vegetable Magnesium Stearate, Silica, Ginger, Garlic Oil.

## DIRECTIONS

Adults: Take 3 capsules 3 times daily at the first sign of cold or infection. Consult a health care practitioner for use beyond 8 weeks. Store between 15°C-25°C, away from children.

## INDICATED BENEFITS

- Provides enhanced nutritional support for healthy immune system functioning
- Prevention and relief of cold and flu symptoms
- Limits duration and severity of sore throats, ear and eye infections
- Echinacea provides antiviral action
- Garlic provides antibiotic action
- Ginger provides analgesic and antibiotic effects

## NUTRIENT INTERACTIONS

### Drug Interactions

Do not take this product if you are using any of the following medications: immune-suppressants (i.e. corticosteroids, cyclosporin), Anti-coagulants, Antiplatelet Drugs, Anti-diabetes medications (garlic and ginger may alter dosage).

### Nutrient Depletions

None known when taken as directed.

### Supportive Interactions

Other herbs such as goldenseal and medicinal mushrooms also enhance the immune system. These can be used along with this product (or during periods of rest off of it) to help maximize the effect of this herbal remedy.

Ginger may help prevent nausea in individuals taking anti-cancer medications. Garlic may help reduce blood pressure in individuals taking ACE Inhibitors or Angiotensin II Receptor Antagonists.

## WARNINGS AND PRECAUTIONS

Consult a health care practitioner if symptoms persist or worsen and prior to use if you are taking immunosuppressants or if you have a progressive systemic disease such as tuberculosis, collagenosis, or multiple sclerosis. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Hypersensitivity (e.g. allergy) has been known to occur; in which case discontinue use.

## TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Adverse reactions to Echinacea, garlic, and ginger are rare. However, high doses can cause nausea, heartburn, intestinal gas, diarrhea, or dizziness. If you experience any difficulty breathing or develop a skin rash, discontinue use and contact a physician.

---

**For Accidental Overdose** (such as child ingesting formula)  
Dial 911, 0 for operator assistance or call you nearest Poison Control Centre.

**For Professional Use Only**  
The information contained here has been accumulated from many sources.  
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit [www.jamiesonvitamins.com](http://www.jamiesonvitamins.com) or call 1-800-265-5088 to speak to a Consumer Affairs representative

07/21/10