



**Herbal blend stimulates immune system response and provides fast-acting, short-term support for upper respiratory health**

### **PATIENT BENEFITS**

- Boosts immune system performance
- Supports temperature regulation and respiratory health
- Modulates the body's inflammatory response
- Supports production and performance of leukocytes
- Encourages adaptive response to environmental stress

### **UNIQUE PROPERTIES**

Patient One ViraCare™ supplies a botanical blend to stimulate immune system response. Combined with a foundation of standardized andrographis are standardized extracts of echinacea, eluthero and holy basil that supply additional immune-supportive polysaccharides, flavonoids and alkaloids. The immune boosting agents in ViraCare are recommended for short-term natural support when the body is challenged by stress and respiratory issues.

Andrographis is associated with reducing discomfort from respiratory challenges when taken at the onset of sickness. Eluthero, echinacea and holy basil contribute adaptogenic actions in helping to protect against and resist the effects of occasional stress, including fighting off upper respiratory challenges. Research also supports beneficial effects of the combination of andrographis with eluthero in supporting immune health.

### **KEY INGREDIENTS**

#### **Andrographis**

A cornerstone tonic herb of both Traditional Chinese and Ayurvedic wellness traditions, *Andrographis paniculata* supplies flavonoids and andrographolides, bitter compounds that support immune health and normal inflammatory responses. Andrographolides activate the natural creation of antibodies and macrophages, promoting the body's resistance against a variety of bacteria, microbes and pathogens. Andrographolides also optimize production of and promote performance of leukocytes, supporting their ability to recognize and eliminate pathogens. Andrographis optimizes the immune

system, both the initial defense of the nonspecific immune response and the secondary antigen-specific response.

#### **Eluthero**

Eluthero is a well studied adaptogenic herb that protects the body and enhances its various systems against the effects of any type of stress. It increases interferon production and thus displays antiviral properties. The use of eleuthero root dates back 2,000 years, when it was used for its immune-enhancing effects to defend against respiratory tract challenges.

#### **Echinacea**

Echinacea, a perennial herb native to the midwestern region of North America, supplies antioxidant phenols and supports overall immune health. According to evidence found by archaeologists, Native Americans may have used echinacea for more than 400 years to treat infections and wounds. While this herb was popular during the 18th and 19th centuries, its use began to decline following the introduction of antibiotics. In Germany today, *Echinacea purpurea* is used to treat colds along with upper respiratory tract and flu-like infections.

#### **Holy basil**

Holy basil, formally named *Ocimum sanctum* and also known as Tulsi, is a versatile adaptogen that features high antioxidant activity and immunomodulatory properties. The extract from leaves has shown anti-asthmatic activity and antimicrobial properties as well as the ability to reduce histamine.

## RESEARCH

One British meta-analysis that drew on 7 controlled, double-blind trials with nearly 900 combined subjects examined the effectiveness of andrographis in the treatment of upper respiratory problems. The results indicated that andrographis performed better than placebo in minimizing upper respiratory tract symptoms. Researchers suggested that in addition to mitigating symptoms, andrographis may hold potential in warding off the onset of upper respiratory issues.

A randomized, double-blind, placebo-controlled study in Chile focused on men and women ages 25 to 50 who each had upper respiratory issues. While one group of patients received placebo, the other took 1,200 mg of andrographis dried extract daily. By the fourth day, researchers found that andrographis appeared to be notably effective in easing upper respiratory symptoms. The same Chilean researchers conducted a study with similar constraints to determine if andrographis might also assist in maintaining upper respiratory wellness. This study, which included more than 105 volunteers around 18 years of age, divided the subjects into two groups, one with placebo and one receiving andrographis extract for every weekday during three months of winter. During the third month, the andrographis group had a notable lack of instances of upper respiratory issues. Researchers concluded by suggesting that andrographis appeared to reduce the risk of developing upper respiratory issues by 50%.

Several clinical trials have shown that people who take echinacea as soon as they feel sick reduce the severity of their cold and have fewer symptoms than those who do not take the herb. One study of 95 people with early symptoms of cold and flu (such as runny nose, scratchy throat, and fever) found that those who drank several cups of echinacea tea every day for 5 days felt better sooner than those who drank tea without echinacea.

One study suggested that echinacea extract exerted an antiviral action on the development of recurrent cold sores triggered by the herpes simplex virus (HSV1) when taken prior to infection.

## REFERENCES

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- Coon JT, Ernst E. *Andrographis paniculata* in the treatment of [upper respiratory problems]: a systematic review of safety and efficacy. *Planta Med* 2004;70:293-8.
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## Supplement Facts

**Serving Size: 1 Capsule**

**Servings Per Container: 35**

Amount Per Serving	% Daily Value
<i>Andrographis paniculata</i> extract (leaf) [Standardized for minimum 10% Andrographolide]	500 mg †
Eleuthero Extract ( <i>Eleutherococcus senticosus</i> ) (rhizome) [Standardized for 0.8% eleutherosides]	125 mg †
<i>Echinacea angustifolia</i> Extract (root) [Standardized for 4% echinacosides]	125 mg †
Holy Basil Extract ( <i>Ocimum sanctum</i> ) (leaf) [Standardized for minimum 2.5% Ursolic Acid and Oleanolic Acid]	50 mg †

† Daily Value not established

**Other Ingredients:** vegetable cellulose (capsule), L-leucine and rice flour

**Free of:** milk, egg, fish, peanuts, crustacean shellfish (lobster, crab or shrimp), soybeans, tree nuts, wheat, yeast or gluten. Contains NO sugar and no artificial sweeteners, flavors, colors or preservatives. This product is free of ingredients derived from genetically modified organisms (GMOs).

**Suggested Use:** Take 1 capsule every 2 hours for 12 hours, preferably with food, then 2 capsules per day for 5 days, or as directed by a qualified health professional. This product is intended for short-term use (approximately 10 days), as needed.

**Caution:** This product is contraindicated if you are pregnant or nursing or have a known allergy to plants of the daisy family. If you are taking any medications, consult your doctor before use. Discontinue use and consult doctor if any adverse reactions occur. This product is intended for short-term use (approximately 10 days), as needed.

GLUTEN FREE



Vegetable Caps



The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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