



## Name Echinacea & Echinacea Compound

### Caps

Code	Size	Duration
<b>Echinacea Capsules</b>		
C15-54	54 Capsules	Usually lasts 18 days
C15-100	100 Capsules	Usually lasts 33 days
<b>Echinacea Compound</b>		
C02-54	54 Capsules	Usually lasts 18 days
C02-100	100 Capsules	Usually lasts 33 days
C02-100	200 Capsules	Usually lasts 65 days

### Area concerned

The immune system and other areas of the body.

### Ingredients

*Echinacea angustifolia* 325mg minimum per capsule.  
*Echinacea Compound* (min per capsule) 92 mg Echinacea,  
 Low odour garlic, Myrrh; 46 mg Wild Indigo.

### Description

Echinacea Capsules can be used either on their own, or to support the *Echinacea Compound* or *Lym Capsules*. *Echinacea Compound* have additional properties which make them particularly useful at appropriate times. 1-2 capsules can be opened and stirred into *BF&C Ointment* to improve the ointment's properties.

We always use the 'angustifolia' variety of echinacea. It is more costly, but preferred by many herbalists.

### Standard use

**Echinacea Capsules:** 1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to four times this amount can safely be taken. **Echinacea Compound:** Take 2, 3 times a day when appropriate, usually for around 1 week; then continue for 1-2 months, taking 1, 3 times a day.

### How long to take it for

Try taking daily for 3-4 months, then having a break for a few months. Some people like to do this before the colder season arrives. Thereafter, take if and when it is felt to be desirable. Can also be taken on alternate months.

### Cautions

**Echinacea:** none. **Echinacea Compound:** Do not take alongside blood thinning drugs such as Warfarin.

### Companion Products

See *Companion Products* opposite.

### Drops

Code	Size	Duration
<b>Echinacea Drops</b>		
D07-50	50ml	Usually lasts 28 days
D07-100	100ml	Usually lasts 55 days

### Area concerned

Immune system and other areas of the body

### Ingredients

Echinacea fluid extract only

### Description

Echinacea is one of our most popular products. The drops version is preferred by most customers.

**Echinacea Drops** can conveniently be applied to the skin when desired, as well as taken internally. Apply 3-6 times a day wherever needed. **Echinacea Drops** can also be used as a gargle, adding 6-10 drops to a little water.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to three times this amount can safely be taken. For skin care: Dab on twice a day, as well as taking internally.

### How long to take it for

Try taking daily for 3-4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable. Can be taken for 3-4 months, left off for a month, then resumed for another course of 3-4 months.

### Cautions

**Echinacea Capsules or Drops:** None.

### Companion Products

90-day Immune Programme; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules; Echinacea Compound Capsules; Astragalus & Echinacea Drops or Capsules; Lym Capsules or Drops; Pau d'Arco Capsules or Drops or Tea; Power Garlic Capsules.

### Caps

### Drops

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