PhytoCort™

(Hypoallergenic)

Item # 75840
Available in bottles of 120 vegetarian capsules

The Possible Benefits of PhytoCort™, a Dietary Supplement

- May support healthy respiration*
- May support healthy adrenal activity and function*

Description

For thousands of years, traditional Chinese medicine (TCM) has utilized herbs to address conditions involving the lungs and the vascular system.* Recently, researchers demonstrated the efficacy of a combination of three traditional Chinese herbs in supporting a healthy respiratory system, using a simplified version of a traditional Chinese herbal combination of 14 herbs.* Overall, the herbal formula compared favorably to other standard treatments without the side effects.* For more information about this research, see the October 2006 Allergy Research Group Focus Newsletter.

PhytoCort™ was formulated according to a landmark 2005 study published in the Journal of Allergy and Clinical Immunology. In addition to Reishi (*Ganoderma lucidum*), Shrubby Sophora (*Sophora flavescens*), and Chinese Licorice (*Glycyrrhiza uralensis*), it is enhanced with the addition of Noni (*Morinda citrifolia*). It does not contain Ma Huang (ephedra).

Although it is likely that the herbs work synergistically in this formula, below are summaries of the traditional and modern understanding of the component herbs.

Reishi (*Ganoderma lucidum*), a shelf fungus, has been known in China as Ling zhi (literally, herb of spiritual potency), prized for its beneficial effects on the heart and lungs and for its value as a tonic.* Reishi is mentioned in the first Chinese herbal, Shen Nung Pen Tsao Ching, where it was called the "holy mushroom" and "mushroom of immortality", as it was thought to promote longevity.* Reishi contains the polysaccharide lentinan (beta-1,3-glucan), which has been researched in Japan and elsewhere as an immune support substance, and it also contains two branched glucans that may participate in its actions.* It is a source of triterpenes such as ganoderic acid that may play a role in maintaining cholesterol within normal levels, and promoting liver function.* Reishi has been used empirically to enhance sleep, energy, and support digestion and normal immunologic mechanisms.*

Shrubby Sophora (*Sophora flavescens*) (Ku Shen), also from Asia, is an important herb in TCM, where it is used to support the health of the skin and hair, the urinary tract and gastrointestinal tract.* The root is astringent, bitter, carminative, diuretic, febrifuge, microbial-balancing and tonic.* Recent research suggests Sophora may neutralize excessive build-up of glutamate and reduce the sensitivity of the excitatory N-methyl-D-aspartate (NMDA) receptor, potentially inhibiting an important cause of membrane hyperexcitability.*

Chinese Licorice (*Glycyrrhiza uralensis*), also known as Gan Cao, is considered one of the 50 fundamental herbs in traditional Chinese medicine. It is utilized in most Chinese herbal formulations, because it helps to harmonize the activities of the other herbal components. It is a close relative to the licorice found in southern Europe, *Glycyrrhiza glabra*.

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The fibrous root of licorice contains the triterpene glycoside glycyrrhizin, which is 30-50 times sweeter than sugar. Glycyrrhizin has been used to support the health of the gut lining and as an expectorant.* Licorice root also contains flavonoids, which have antioxidant activity, help protect the liver, and support the digestive tract.*

Licorice root is a sweet tonic that stimulates the corticosteroid hormones, neutralizes toxins and supports healthy blood sugar levels.* Traditionally, licorice is considered to be antiphlogistic, antispasmodic, antitussive, cholagogue, expectorant, laxative and microbial-balancing.* It can act as a

The use of Noni (*Morinda citrifolia*), or Indian mulberry, as food and medicine originated in China and India, and migrated to Polynesia, Tahiti, Malaysia and Hawaii. The fruit has traditionally been used to support the musculoskeletal system, to support blood sugar within normal levels, and as a tonic.* During World War II, native Polynesians gave American soldiers noni fruit to sustain their strength. Noni's active ingredients include vitamins, minerals, scopoletin, octoanoic acid, terpenoids, alkaloids, beta-sitosterol, flavone glycosides, linoleic acid, amino acids, acubin, caproic acid, caprylic acid, ursolic acid and rutin. Noni is thought to help regulate cell function and support cellular energy

demulcent, soothing and coating the digestive and urinary tracts.* Licorice has traditionally been used to support healthy breathing, the digestive system, and normal hormone function, including cortisol levels.* Licorice is usually used as in this formula – a small amount in combination with larger amounts of other herbs – thus avoiding any problems with excessive cortisol activity in the kidneys.

production.* It has been reported by researchers to have smooth muscle stimulatory activity and histaminergic effects.* An impressive review of both the literature and recent research in noni was published in 2002 by Wang, et al, which summarizes scientific evidence supporting the Polynesians' reports that noni has many benefits, including immune enhancement.*

Serving Size: 2 capsules
Servings Per Container: 60

Amount Per Serving:

Proprietary blend	1600 mg
Reishi (*Ganoderma lucidum*) Extract	
Shrubby Sophora (*Sophora flavescens*) (Root) Extract	
Chinese Licorice (*Glycyrrhiza uralensis*) (Root) Extract	
Noni (*Morinda citrifolia*) (Fruit) Extract	

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, magnesium stearate.

Suggested Use: As a dietary supplement, 3 capsules three times daily to start, and 2 capsules two times daily for maintenance, or as directed by a healthcare practitioner.

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