ZINCIMMUNE PLUS

Zinc ~ Elderberry ~ Umckaloabo ~ Echinacea

A blend of immune-enhancing herbal supplements and zinc,
specifically chosen for their effectiveness against cold and flu infections.

Who would benefit from this supplement? Anyone needing a quick boost to their immune system, especially at the first sign of a cold or flu. Even though cold and flu are different, and caused by a different virus, most people do not know for sure which they have at the early stages. For this reason, the nutrients and herbs in this formulation have been chosen to cover both. Elderberry, for example, is thought to be more effective for the flu and Umckaloabo,, or Pellargonium, is known for its effect against colds. Zinc is essential to proper immune system function and Echinacea is well known for its traditional value.

Ingredients: Phyto-Tech ZincImmune Plus is a pleasant tasting liquid that contains the following, per teaspoon (5 ml): Zinc, 15 mg (as Zinc Glycinate); Elderberry Fruit, Organic, 350 mg; Umckaloabo Root (Pellargonium), 100 mg; Echinacea angustifolia Root, Organic, 50 mg; Stevia Leaf Extract, 0.5 mg. Other ingredients: Vegetable Glycerine, Deionized Water, Organic Elderberry and Blackberry Juice Concentrates, Citric Acid.

Indications: Both colds and flu (influenza) are viral diseases. Colds are more of a respiratory infection while the flu is more of a systemic condition, characterized predominately by fever, malaise and muscle aches. Conventional medicine does not really offer an effective cure or preventive treatment for colds and flu. There is a vaccine, but it's effectiveness has been limited. These viruses are around us most of the time, and we are most susceptible in the winter. Interestingly enough, not everyone succombs. Why is that. Speculation centers on the strength of an individuals immune system. Some of us seem better able to withstand the virus than others. One logical approach to prevention, therefor, relies on strengthening our immune system, both to avoid catching the cold or flu, and to shorten the duration and reduce the severity if we do catch it. This is where immune-enhancing herbs, vitamins and minerals come into play. ZincImmune Plus is one supplement designed to satisfy that need.

Description: The synergistic blend of immune-enhancing herbs and minerals in ZincImmune targets those immune functions related to colds and flu, as follows:

Details and References:

Zinc: Zinc has numerous important, essential roles in the body. One of those is to support immune function. It has been shown to exert antiviral activity agains certain virus (e.g. rhinovirus and herpes simplex virus.) Studies have shown that "a substantial proportion of the population is failing to meet the recommended daily allowance for zinc."
"Zinc plays a role in host defenses against infections. Suboptimal zinc status appears to be common among people consuming a typical Western diet, and may increase susceptibility to infections. In a double-blind trial, supplementation with 45 mg/day of zinc for 12 months decreased the incidence of infections in healthy middle-aged and elderly people." (Gaby, Alan R., MD. Nutritional Medicine. Alan R. Gaby, M.D., 01/2011.)
One of the more popular uses of zinc for colds is in lozenge form, leading to the speculation that it's effectiveness is due to a direct action of zinc ions on the virus. Not all studies have supported this idea. Taking zinc orally may be equally effective. As already mentioned above, the immune system does not function optimally if you do not have enough zinc in the body. "A 1-year, double-blind study of 50 nursing home residents found that zinc supplements as compared to placebo reduced rates of infection.159 In addition, more than ten other studies performed in developing countries have found that zinc supplements at nutritional doses can increase resistance to respiratory and other infection in children, and that they might reduce symptom severity." (Consumerlab.com) And in another study, "zinc supplements (not lozenges) may play a role in reducing the risk of coming down with a cold in the first place. In a review of 2 randomized trials, which included 394 healthy children, researchers found that the groups who took zinc had fewer colds, school absences, and prescriptions for antibiotics."

Echinacea: Echinacea has a long history of use as a cold and flu remedy. In America, conventional drugs replaced it, but in Europe, it remains continues to be a popular remedy. Most research supports its ability to reduce the symptoms and duration of colds. It's role in prevention is not as well documented.

Elderberry: The initial interest in Elderberry resulted from research on a proprietary preparation (Sambucol) that contains extracts of black elderberries (Sambucus nigra L.) and raspberries (Rubus idaeus L.). This preparation has been shown to inhibit the replication of influenza virus types A and B in vitro. In addition, an extract of Sambucus nigra L. decreased the infectivity of human influenza virus H1N1 in vitro. The activity of this extract against the H1N1 virus was attributed to 2 flavonoids which were shown to bind to H1N1 virions and block the ability of the virus to infect host cells. In clinical trials, treatment with Sambucol decreased the duration of illness in patients with influenza. (Gaby, Alan R., MD. Nutritional Medicine. Alan R. Gaby, M.D., 01/2011.) As a result, extracts of elderberry have become a common herbal supplement for those with flu symptoms. It is thought to stimulate the immune system and to inhibit viral growth.

Unckaloabo (Pelargonium sidoides): Pelargonium is a plant in the geranium family, native to South Africa, where it has a long history of use in treating respiratory problems. A number of studies have shown this herb to be effective in treating acute bronchitis, strep throat and the common cold. The study, (Lizogub VG, Riley DS, Heger M. Efficacy of a Pelargonium sidoides preparation in patients with the common cold: a randomized, double blind, placebo-controlled clinical trial. Explore (NY). 2007;3:573-584.), on 133 adults who had just come down with a cold, found that the use of a standardized pelargonium extract, three times daily, significantly reduced the severity and duration of symptoms as compared to placebo.

Dosage: One teaspoonful (5 ml), two to four times daily or as directed by a physician. Do not take for more than three consecutive days. Longer use should be accompanied by additional copper supplementation (1-2 mg per day). Keep out of the reach of children. Shake well before using. Do not use when pregnant unless approved by doctor.

This product is kosher and gluten-free. Alcohol-Free.

Willner Chemists Phyto-Tech™ Herbal Supplements
Ordering Information: Phyto-Tech™ ZincImmune Plus
4 Fluid Ounces, Alcohol Free ~ Product Code: 66271