

ECHIMMUNE®

DESCRIPTION

ECHIMMUNE is the trade name of a natural immunity-stimulating supplement, developed from the dried pressed juice of *Echinacea purpurea* herba (aerial parts i.e. stem, leaves and flowers). *Echinacea* (Family: Asteraceae / Compositae) is a herb found throughout North America and Europe.

Each **ECHIMMUNE** tablet contains 100mg dried pressed juice of *Echinacea purpurea* herba.

Every 5ml of **ECHIMMUNE** syrup contains 50mg dried pressed juice of *Echinacea purpurea* herba.

COMPOSITION

The drug: extract ratio of the dried pressed juice of *Echinacea purpurea* herba is 45:1.

CLINICAL PHARMACOLOGY

Echinacea is a medicinal herb used to boost the immune system. It is rich in polysaccharides and phytosterols, which have potent stimulatory actions on the immune system. They also help increase production and activity of lymphocytes, increase levels of circulating neutrophils, improve leukocyte phagocytosis (which is the process whereby immune cells consume and destroy foreign infectious cells) and assist antibody binding. There are also significant amounts of echinacoside, a glycoside possessing mild antibiotic activity. Other components in *Echinacea*, such as the polysaccharide echinacin, also have antibiotic and antifungal activity. Echinacin additionally has a cortisone-like activity, and helps in wound healing by inhibiting inflammatory hyaluronidase enzyme. *Echinacea purpurea* also contains the sesquiterpene esters, which have immunostimulatory activity.

Echinacea may increase levels of the antiviral substances interferon and proferdin. It may also increase tumor necrosis factor and interleukin-1 through stimulation of macrophage activity, a key component in the action of *Echinacea*. It has been demonstrated in clinical studies that *Echinacea* acts as a prophylactic and helps reduce the duration and severity of common cold and flu symptoms. The most common time to take *Echinacea* is at start of the cold and flu season or right at the onset of illness.

INDICATIONS

ECHIMMUNE helps relieve the symptoms of:

- Cold and Flu.
- Tonsillitis and sore throats.
- Inflammatory conditions associated with diseases or injury.
- Common infectious diseases (bacterial / fungal / viral) e.g. upper respiratory tract and genitourinary tract infections.

DOSAGE

Usual adult dose:

Tablets: One **ECHIMMUNE** 100mg tablet, 3 times daily with a glass of water, before or after meals.

Syrup: Two teaspoonful (10ml) of **ECHIMMUNE** syrup, 3 times daily before or after meals.

* People over the age of 65 should start with a low dose and increase the strength only if necessary.

Usual child dose:

Children 4-16 years

Syrup: One teaspoonful (5ml) of **ECHIMMUNE** syrup, 3 times daily before or after meals.

ADVERSE EFFECTS

Adverse effects of orally ingested *Echinacea* are uncommon, and are usually limited to minor gastrointestinal symptoms, increased urination and allergic reactions in people allergic to flowers of the Asteraceae / Compositae family.

After ingesting *Echinacea*, the tongue may tingle or feel numb for a few minutes. This effect is harmless and will soon pass.

USE IN PREGNANCY AND LACTATION

A physician should be consulted before using *Echinacea* during pregnancy and lactation.

DRUG INTERACTIONS

Echinacea may interfere with immuno-suppressive therapy. It may also interact with anabolic steroids, amiodarone, methotrexate and ketoconazole.

CONTRAINDICATIONS

- Hypersensitivity to any of the components of *Echinacea*.
- Progressive disorders and auto-immune diseases such as: multiple sclerosis, collagenosis, tuberculosis, lupus, leukemia, rheumatoid arthritis, HIV infection and AIDS related illnesses.
- Echinacea* should not be given to children under 4 years of age.

OVERDOSE

Not documented.

PRECAUTIONS & WARNINGS

- Do not exceed the specified dosage.
- Do not take *Echinacea* for more than 8 successive weeks; intake may be resumed after a 2-week break.
- Extremely large doses and prolonged use of *Echinacea* without a rest period can suppress the immune system.
- If a rash or any other allergic reaction, or minor discomforts like stomach upset or diarrhea occur, decrease the dose or stop using *Echinacea*.
- People allergic to flowers of the Asteraceae / Compositae family should consult a physician before using *Echinacea*.
- Diabetic patients should consult a physician before using *Echinacea*.
- Patients with kidney disorders should not take *Echinacea* for more than 10 consecutive days.
- If fever (short term), nausea or vomiting occurs, stop usage immediately and report the symptoms to a physician.

HOW SUPPLIED

- Bottles containing 30 **ECHIMMUNE** 100mg tablets.
- Bottles containing 60 **ECHIMMUNE** 100mg tablets
- Bottles of 100ml **ECHIMMUNE** syrup (50mg/5ml).

STORAGE CONDITIONS

- Close tightly after use.
- Store between 15-30°C protected from light and humidity.
- Keep out of reach of children.

This is a medicament

- A medicament is a product which affects your health and consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instruction of the pharmacist who dispensed the medicament.
- The doctor and the pharmacist are experts in medicine.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep medicaments out of the reach of children.

COUNCIL OF ARAB HEALTH MINISTERS
UNION OF ARAB PHARMACISTS

Prescribing Information Available Upon Request.

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