

FRILABIOL

Winter immunity

Echinacea

Echinacea, also known as purple coneflower, is one of the most popular medicinal plants in the world.

The term "Echinacea" refers to a group of flowering plants belonging to the Asteraceae family (the daisy family).

Native American tribes have used it for centuries to treat a wide variety of ailments.

Today, it is best known as an overthecounter herbal remedy for:

- The common cold
- Flulike symptoms
- However, it is also used for:
- Pain relief
- Inflammation
- Migraines
- Other health concerns

Echinacea plants contain a wide range of active compounds, including:

- Caffeic acid
- Alkylamides
- Phenolic acids
- Rosmarinic acid
- Polyacetylenes

These compounds are believed to be responsible for its biological effects.

Studies have associated echinacea and its components with several health benefits, such as:

- Reduced inflammation
- Improved immune function
- Lower blood sugar levels



EFFICACY AND INDICATIONS

- Echinacea is rich in antioxidants such as flavonoids, cichoric acid, and rosmarinic acid, which help protect the body from oxidative stress.
- It has a positive effect on the immune system.
- It has antiinflammatory properties.