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ONCE A DAY ECHINACEA AND PROPOLIS

For the normal function of the Immune system*.

Nutritional Information

One tablet provides:

*%NRV

Vitamin C	500 mg	625
Zinc	10 mg	100
Echinacea extract (Echinacea purpurea)	100 mg	-
Propolis extract (Propolis wax) 2.5% polyphenols	50 mg	-

*NRV = Nutrient Reference Values

Take one tablet daily dissolved in a glass of water.



- 4 active ingredients for the immune system
- Delicious tasting
- Easy to take effervescent

DESCRIPTION

Once A Day Echinacea and Propolis with vitamin C & zinc is an easy to take effervescent tablet. Vitamin C contributes towards the normal function of the immune system and is required in higher levels during times of illness. Effervescent tablets dissolve quickly in water and the nutrients are absorbed quickly in the body allowing swift tissue saturation.

HOW DO THE INGREDIENTS IN ONCE A DAY ECHINACHEA AND PROPOLIS SUPPORT IMMUNE HEALTH?

Vitamin C

Immune cells: Vitamin C is required for the proper function of Natural Killer T and B cells. One study showed that vitamin C was able to increase Natural Killer T and B cell function by 10 fold in patients who had their immune cells suppressed by toxins. Vitamin C completely restored immune function¹. Immune cells accumulate vitamin C, with phagocytes storing the most vitamin C. Vitamin C is also a powerful antioxidant that protects the DNA of immune cells.

Antioxidant: Another mode of action of vitamin C is its electron donation and powerful antioxidant status². It is essential for the immune system that our oxidants are kept in check to prevent an excessive amount of reactive oxygen species (ROS) from damaging the immune cells³. One study reported that vitamin C enhances glutathione recovery after an oxidative challenge⁴, protecting the body from oxidative damage even further.

Zinc

Immune resistance: Zinc affects many aspects of immunity. It is required for the normal development and function of immune cells including neutrophils, natural killer cells and macrophages. Zinc insufficiency negatively effects phagocytosis, cytokine production and the growth and function of T and B cells. Key T cell signalling molecules (IL-2-induced ERK) are activated in response to intracellular zinc, as well as T cell proliferation. Zinc deficient individuals experience susceptibility to infections. Zinc deficiency effects the development of acquired immunity as well as the protective skin barrier⁵. Zinc also plays a role in the prevention of free radical-induced injury occurred during inflammatory processes⁶.

Inflammation control: Zinc modulates the inflammatory response and controls the level of inflammatory cytokines including TNF- α (tumor necrosis factor- alpha) and IL-1, generated by activated monocytes-macrophages. A higher level of cytokines is linked to increased reactive oxygen species within the body⁶.

Echinacea extract

Protection from pathogens: Echinacea's active constituents include polysaccharides and echinacoside which are anti-inflammatory and support the immune system in protecting against viral and bacterial pathogens and could be effective for common viruses including the common cold and bacterial respiratory infections^{7, 8}.

Immunomodulatory: Echinacea stimulates cannabinoid-2 receptors and down regulates NFKB1 ultimately having an immune modulatory and anti-inflammatory effect in the body^{9, 10}.

Propolis extract

Immunomodulatory: Propolis' complex chemical composition includes polyphenols, phenolic aldehydes, sesquiterpenes, quinins, coumarins, amino acids, steroids and inorganic compounds. Propolis has antimicrobial, antioxidant, anti-inflammatory, anti-allergic, dermatoprotective and immunomodulatory activity. The immunomodulatory activity is due to the flavonoids and some phenolic acids. Propolis exhibits immunomodulatory effects on a broad spectrum of immune cells, including cells of lymphoid or monocytic lineages, propolis activates monocytes/macrophages and neutrophils, increasing their microbicidal activity. Propolis exhibits anti-allergic effects by inhibiting degranulation of mast cells or basophils¹¹.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING ONCE A DAY ECHINACHEA AND PROPOLIS?

Once A Day echinacea and propolis is intended for use by adults who wish to support their immune function and it is not suitable for:

- Pregnant and breastfeeding women
- Children

HEALTH NEEDS



IMMUNITY

SCIENTIFIC REFERENCES

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