



CC-A

Stock #840-5 (100 capsules)

CC-A is an herbal combination for use with the common cold, particularly when it is accompanied by chills, fever, headaches, muscle aches, and nausea. CC-A is comprised of herbs which help break up congestion and expel mucus, stimulate the production of digestive fluids, enhance circulation to promote healing, induce perspiration to lower fever, relax muscle spasms, and stimulate the immune system to fight infection.

CC-A is primarily used for asthma, bacterial infection, bronchitis, the common cold, chills, congestion, fever, flu, headaches, muscle aches, nausea, respiratory allergies, tonsillitis, viruses and vomiting.

Capsicum has been found to effectively stimulates production of digestive and mucosal fluids which helps improve digestion, soothes inflammation, enhances the removal of toxins from the body, and relieves gastrointestinal problems, including bleeding ulcers, colic, dyspepsia, flatulence, and even diarrhea. Capsicum's warming properties are useful for poor circulation and related conditions, including cold hands and feet, cold stages of fevers, and varicose veins. Capsicum has been found beneficial for numerous ailments, including headaches, infections, and respiratory conditions such as asthma and pleurisy.

Chamomile helps fight bacteria and fungus, especially *Candida albicans*, *staphylococcus*, *streptococcus*, and urinary tract infections. Chamomile also provides a mild antiviral activity. Furthermore, the flavonoid apigenin, produces an antihistamine effect which may be beneficial for asthma, bronchitis, and colds. Chamomile's sedative properties have been found beneficial for digestive problems, including colic, morning sickness, nausea, vomiting, and stress-induced dyspepsia and ulcers. The volatile oils in chamomile are primarily responsible for the herb's analgesic (pain-relieving), anti-inflammatory, and antispasmodic effects. Chamomile's bitter constituents stimulate digestion and liver function, and help relieve flatulence, nausea and vomiting.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. This action enables golden seal to help tone mucus membranes, which in turn, aids ear, eye, nose and throat problems, stomach and intestinal disorders, prostate and vaginal complaints, and stops internal bleeding and prevents hemorrhaging. Golden seal acts as a mild decongestant, relieves excess mucus, and reduces fever and inflammation associated with glandular swelling and sinusitis. Golden seal also reduces inflammation and pain in mucosal tissues, and acts as a laxative. Furthermore, berberine, an isoquinoline alkaloid found in golden seal, has been studied at length in both clinical and experimental environments for its antibacterial and amebicidal properties.

Lemon grass reduces fluid secretion, and acts as an antiseptic and mild sedative. Lemon grass acts as an analgesic (pain-reliever) due to the presence of the monoterpene, myrcene. Lemon grass has also been shown to provide strong antibacterial properties in vitro against various microorganisms. Lemon grass is typically used with anxiety, colds, flu, indigestion and nausea.

Myrrh helps to heal sores and fights infection. Myrrh reduces pain in mucous membranes, stimulates the production of mucosal fluids, and acts as an expectorant. Recent studies show myrrh contains a volatile oil with many active constituents which have been found to promote easier breathing, especially during congestive colds. Myrrh's antiseptic, astringent, and antimicrobial properties have been confirmed by experimental research in both American and China. In fact, myrrh has been shown to exhibit antibacterial activity against gram positive bacteria such as *Staphylococcus aureus*. Myrrh has been found effective for treating arthritis, asthma, bronchitis, canker sores, colds, coughs, digestive problems, gingivitis, rheumatism, sore throat and tonsillitis.

Peppermint stimulates the production of digestive fluids, increases circulation to promote healing, relaxes muscle spasms, and reduces pain. It also acts as an antiseptic and astringent. Peppermint is useful as an expectorant and is helpful for treating colds, flu and general fevers, as it induces perspiration to cool the body. Peppermint's volatile oil is strongly antibacterial and is known to inhibit and kill numerous microorganisms, including Herpes simplex type I, Influenza A viruses (Asian flu), Mumps virus, *Staphylococcus aureus* (pneumonia, sinusitis, impetigo, etc.) and *Streptococcus pyogenes* (sore throat, scarlet fever, rheumatic fever, etc.).

Rose hips are the dried fruit of roses which contain many vitamins and minerals, but are especially high in vitamin C and bioflavonoids. Rose hips actually contain anywhere from 10-100 times more vitamin C than any other food.

Rose hips are a source of astringent tannins which make them beneficial as a tonic and astringent, capable of tightening tissues and slowing the discharge of blood and mucosal fluid. Thus, rose hips are often used for diarrhea, gastritis, hemorrhoids, and varicose veins. Rose hips' rich supply of bioflavonoids protect capillaries, help prevent bruising, strengthen connective tissues, and multiply the effectiveness of vitamin C. In fact, vitamin C cannot work accurately without bioflavonoids. Rose hips also help stimulate immune function and fight infection and inflammation, useful for treating colds, fevers, general debility, and inflammatory skin conditions.

Sage is a popular culinary herb, as well as a medicinal herb. Sage has strong antioxidant properties, which explains its use in preserving meats. Sage acts as an anti-inflammatory, antiseptic, and astringent, helping to fight infection and inflammation of all kinds, including the common cold, gingivitis, influenza, sore throat, stomatitis, and tonsillitis. Sage has been found to stimulate circulation and help relieve vascular headaches, as well as multiply the production of digestive fluids, improve liver function, and relax smooth muscle spasms. Additionally, sage elicits a calming effect on the nerves, helps relieve anxiety and nervous headaches, and acts as a mild antidepressant. Sage oil has been shown to exhibit antibacterial, antimicrobial, and antiviral activity against various pathogens, including *Candida albicans*, herpes simplex virus II, influenza virus A2, polio virus II and vaccinia virus (cowpox).

Slippery elm has been found to be an effective remedy for irritation of the mucus membranes, stomach, intestines, and urinary tubules. Due to its high mucilage content, slippery elm has been shown to be quite effective for absorbing toxins from the bowel, balancing intestinal flora, and reducing bowel transit time. Slippery elm has been found extremely beneficial for acidity, arthritic inflammation, asthma, bronchitis, chronic cystitis, convalescence, coughs, diarrhea, pleurisy, sore throat and tuberculosis.

Yarrow displays a variety of effects upon the body, including alleviating inflammation, counteracting fevers, increasing urine flow, inducing perspiration, relaxing muscle spasms, and acting as an astringent and expectorant. Antibiotic properties have also been confirmed in studies. As a blood cleanser, yarrow promotes the removal of body toxins via perspiration, and is often recommended for chicken pox and smallpox. Yarrow has been reported to relieve hay fever, and is particularly effective for such feverish conditions as colds, influenza, and measles, and for reducing excessive mucus.