



FV

Stock #900-7 (100 capsules)

FV is an herbal combination formulated to help strengthen the immune system to combat common bacterial and viral infections, including colds and flu. FV contains herbs that not only stimulate the production of infection-fighting immune cells, but also help reduce fever, alleviate coughs, soothe nausea and upset stomach, and relieve pain and inflammation. Each capsule of FV contains:

Ginger root (*Zingiber officinale*) has been used throughout history, at least as far back as the 4th century B.C., for numerous conditions, including diarrhea, dyspepsia (indigestion), stomachache and nausea. Ginger also provides analgesic (pain-relieving), anti-inflammatory, and antitussive (cough-suppressing) properties. According to Chinese medicine, much of ginger's effectiveness stems from its ability to stimulate circulation, warming up the body to promote sweating and the elimination of toxins and microbes. In addition, the naturally occurring essential oil in ginger has been shown to provide antimicrobial activity against common respiratory tract pathogens (disease-causing organisms). Thus, ginger is often recommended for bronchitis, chills, colds, coughs, influenza, and to warm the extremities. In addition, ginger is approved for use by the German Commission E as a component of anti-emetic medicines used to combat nausea and vomiting, and in the U.S., ginger is employed either alone or as a main component of numerous anti-nausea and cold and flu remedies.¹⁻⁸

Capsicum fruit (*Capsicum annuum*) stimulates the production of mucosal fluids, which helps soothe inflammation and enhances the removal of toxins from the body. Capsicum also acts as a natural decongestant and has been used to treat throat ailments such as hoarseness, laryngitis and tonsillitis—capsicum's antibacterial and antiseptic properties make it an excellent gargle for sore throats. Research shows that capsaicin, the active ingredient in capsicum, demonstrates antimicrobial activity against *Streptococcus pyogenes*, a bacterium that causes throat infections and tonsillitis. In addition, capsicum's "warming" properties are useful for poor circulation and related conditions, including cold hands and feet and the cold stages of a fever. In fact, capsicum is often used at the initial onset of a cold to reduce chills or break a fever. Furthermore, capsicum is used in traditional Ayurvedic medicine to reduce fever and relieve coughs and hoarseness.^{1-5,9,10}

Goldenseal root (*Hydrastis canadensis*), an herb native to North America, has a long history of use for soothing irritation or inflammation of mucosal tissues caused by allergens and infectious microorganisms. Today, goldenseal may be the most popular herbal remedy for infections affecting the mucus membranes, particularly those lining the oral cavity, sinuses, throat, bronchi and gastrointestinal tract. Goldenseal contains the active ingredient berberine, which has demonstrated greater antipyretic (fever-reducing) effects than aspirin, as well as immunostimulant, antihistaminic, and broad-spectrum antibiotic activity against bacteria, protozoa and fungi. Research shows that goldenseal stimulates mucus membrane secretions, which contain immunoglobulin A (IgA) antibodies—IgA is the main mechanism for providing local immunity to protect the body's mucosal surfaces from infection. Animal studies have shown that goldenseal also increases the production of immunoglobulin M (IgM), which is usually produced first in an immune response. In turn, IgM triggers the production of immunoglobulin G (IgG), the main antibody defense against bacteria. However, goldenseal is not recommended for use during pregnancy due to the uterine stimulant activity of its constituents.^{2,4,9,11-17}

Licorice root (*Glycyrrhiza glabra*) has antihistamine, anti-inflammatory, antitussive, expectorant, sedative and tonic properties. Licorice also acts as a demulcent (a substance that soothes irritation and inflammation) to the lungs and bronchi and is used to moisten the lungs to relieve dry cough. Licorice is frequently used for asthma, colds, coughs, fatigue, fever, sore throat, and lung and bronchial congestion. In fact, the German Commission E has approved the use of licorice for upper respiratory catarrh (inflammation of mucous membranes). In addition, studies conducted in China and Japan have found that licorice stimulates production of phagocytes (immune system cells that kill microorganisms and remove dead cells), as well as the production of interferon (a substance that fights viral infections by inhibiting viral growth). Research has also confirmed the antibacterial activity of licorice components against microbes that can cause chronic bronchitis, community-acquired pneumonia, sinusitis, strep throat and tonsillitis, as well as other respiratory tract infections. Furthermore, licorice contains the active ingredient glycyrrhizin, which has been shown to inhibit the growth of influenza viruses in animal studies.^{3,8,22-24}

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