



## IN-X

Stock #1220-1 (100 capsules)

IN-X is designed to fight infection and soothe inflamed tissues. IN-X contains a combination of herbs which provide antibacterial and antiviral activity, as well as stimulate circulation to promote healing, enhance elimination of toxins, alleviate pain, and reduce inflammation and swelling.

IN-X is generally used for colds, colitis, contagious diseases (infectious mononucleosis, measles, mumps, scarlet fever), fever, gastritis, influenza, intestinal infection, rheumatic conditions, sinus infection, sore throat, swollen glands, tonsillitis, and urinary tract infection. IN-X can also be used externally for infection and inflammation associated with abscesses, hemorrhoids, skin ulcers, and wounds.

**Althea** increases the production of mucosal fluids which soothes inflamed tissues and helps heal both internal and external inflammatory conditions. Althea is especially beneficial for soothing and protecting mucous membranes and for counteracting excess stomach acid, gastritis, hiatal hernias, and peptic ulcers. Althea is recommended for most any condition affecting the genito-urinary tract, including cystitis, frequent urination, incontinence, painful urination, and urinary tract infection. Modern research has found althea improves immune system function by enhancing the action of white blood cells against microorganisms. Althea is a rich source of trace minerals, particularly chromium, iron, magnesium and selenium.

**Black walnut** is a good source of iodine, and as such, is popular as a thyroid stimulant to help underactive thyroid conditions. Black walnut contains linolenic acid, an essential fatty acid necessary for healthy cell function, the production of prostaglandins, and useful for menstrual dysfunction and skin problems such as eczema and psoriasis. Black walnut provides a rich source of the trace mineral selenium, as well as iron and potassium. A team of scientists from the University of Missouri conducted studies in the late 1960's which showed that ellagic acid, found in black walnut, reduced blood pressure while simultaneously inhibiting other substances from reducing blood pressure when used in large doses. Black walnut has also been used for anemia, chronic diarrhea, hemorrhoids, and to expel a variety of intestinal parasites, worms and yeast.

**Bugleweed** controls bleeding, suppresses cough, reduces blood sugar levels and the production of mucosal fluids, slows and strengthens heart contractions, and inhibits thyroid-stimulating hormones. Bugleweed also acts as an astringent and mild sedative. Bugleweed is useful for coughs, hemorrhage, hyperthyroidism, menorrhagia, nervous tachycardia, and tuberculosis. Bugleweed is not recommended for pregnant women or those with hypothyroid conditions.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. Golden seal's astringent ability enables it 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. Golden seal increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions. Golden seal is recommended for numerous gastrointestinal disorders, including colitis, enteritis, gastritis, hemorrhoids, hepatitis, intestinal infections, and peptic ulcers. 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.

**Parthenium**, a close relative of echinacea, mimicks the medicinal qualities of echinacea in many ways. Like echinacea, parthenium is an immune system stimulant which assembles and activates T-lymphocytes (killer cells) and other immune system cells. Parthenium contains mucilaginous substances which soothe inflamed tissues. Parthenium has been used by herbalists to treat blood poisoning, debility, fatigue, gastrointestinal infections, inflammatory skin conditions, respiratory infections, tonsillitis, swollen glands, venereal disease, and wounds.

**Plantain** soothes inflamed tissues, promotes healing, absorbs toxins from the bowel and encourages healthy bowel function, and acts as an antibacterial agent, diuretic and expectorant. Plantain is used for a variety of internal ailments, including chronic constipation, colitis, coughs, cystitis, diarrhea, gastric ulcers, and sinusitis. A study appearing in Lancet found that plantain applied topically to poison ivy rash relieved itching completely, with no later recurrence. Used externally, plantain is soothing and healing for eye inflammation, hemorrhoids, insect bites, shingles, skin ulcers, varicose veins, and wounds.

*Companion products:*

*Herbs* - alfalfa, echinacea, eyebright, garlic, lobelia, red clover, rose hips, uva ursi, white oak bark, ALJ, APS II, Ayurvedic Bronchial Formula, Bone/Skin Poultice, BP-X, CC-A, Chinese Blood Build, CLT-X, Cranberry & Buchu, E-Tea, Elderberry Defense, EW, Fenugreek & Thyme, Kidney Activator, Lymph Gland Cleanse-HY, Oregon Grape, Sinus Support, Small Intestine Detox, Stress Relief, Super Algae, THIM-J, Uña de Gato

*Vitamins/Supplements* - vitamin A & D, Aloe Vera Juice, Antioxidant Arsenal, Beta-Carotene w/Mixed Carotenes, Bifidophilus, Bowel Detox, vitamin C, Citrus Bioflavonoids, Colloidal Silver, Defense Maintenance, vitamin E, Food Enzymes, Grape, L-Lysine, Lymphomax, PDA, Proactazyme, Super Supplemental, Urinary Maintenance, Zinc

*Homeopathics* - Cold, Cough Syrup, Detoxification, Fatigue/Exhaustion, Hayfever/Pollen Allergies, Healing AC Cream, Inflammation, Pain, Sinus, Sore Throat/Laryngitis, Viral Recovery