



## Sinus Support EF

Stock #1250-3 (100 capsules)

Sinus Support EF is an ephedrine-free herbal decongestant and expectorant designed to help soothe nasal and sinus inflammation and fight respiratory infection. Sinus Support EF combines herbs that clear nasal congestion, expel excess mucus, shrink swollen tissues, lower fever, and relax muscle spasms to control coughing. Sinus Support EF does not cause drowsiness like many over-the-counter decongestants. Each capsule of Sinus Support EF contains:

**Capsicum** stimulates production of digestive and mucosal fluids, which helps improve digestion; soothes inflammation; enhances the removal of toxins from the body; relieves gastrointestinal problems; and acts as a decongestant. Capsicum has a history of use for treating throat ailments such as hoarseness, laryngitis and tonsillitis—its antibacterial and antiseptic qualities make capsicum an excellent gargle for sore throats. Research shows that capsaicin, the active ingredient in capsicum, demonstrates antimicrobial effects against *Streptococcus pyogenes*, the bacterium responsible for strep throat infections and tonsillitis. Capsicum's "warming" properties are also useful for poor circulation and related conditions, including cold hands and feet, cold stages of fevers, and varicose veins. In fact, capsicum is often used at the initial onset of a cold to reduce chills or break a fever. In traditional Indian Ayurvedic medicine, capsicum is used to reduce fever and to relieve coughs and hoarseness.

**Burdock** is especially useful for treating conditions related to chronic toxicity, as it stimulates elimination of wastes via the colon, kidneys and skin. Burdock is particularly well-known as a blood purifier and has also been used to soothe inflammation in both internal and external tissues. Clinical studies have shown burdock improves liver and gallbladder function. According to traditional Chinese medicine, burdock is combined with other herbs to treat colds, sore throats and tonsillitis. Research has also shown that burdock provides mild antimicrobial activity in vitro.

**Golden seal** is an herb native to North America, with a long history of use among Native Americans for its ability to soothe tissue irritation or inflammation caused by allergens or infectious microorganisms. Today, golden seal may be the most popular herbal remedy for infections affecting the mucous membranes of the body, particularly the linings of the oral cavity, sinuses, throat and bronchi. Golden seal is a bitter tonic, stimulating digestive secretions and promoting the flow of antibody-laden mucus to fight infection and help heal irritated or inflamed tissues. Golden seal is often regarded as a "natural antibiotic" due to its high content of isoquinoline alkaloids, particularly berberine. Numerous studies have confirmed berberine's antimicrobial, anti-infective, and immunostimulatory activity. Contrary to popular usage, golden seal is more accurately recommended in small doses for short periods of time.

**Parsley** effectively dries watery mucous conditions and is helpful for allergies, asthma, bronchitis, coughs and mucus in the bladder. In traditional Indian Ayurvedic medicine, parsley is used as an expectorant. Parsley also acts as an antispasmodic, lowers blood pressure, strengthens the adrenal glands, and enhances brain and optic nerve function. Parsley is helpful for treating earache, ear infections, and even deafness. Furthermore, according to studies, parsley exhibits antibacterial and antifungal action in vitro.

**Horehound** increases the production of thinner mucosal fluids, which are easier to expectorate and which help soothe inflamed and irritated respiratory tissues. The active constituent in horehound, a diterpene called marrubiin, is a potent expectorant. Horehound stimulates perspiration to lower fever and increases bile flow to improve both appetite and digestion. Poor digestion is frequently the cause of respiratory congestion and constriction—undigested proteins can activate allergic responses that cause the release of histamines. Horehound has also been shown to normalize irregular heart beat, relax muscle spasms to control coughing, and act as a mild sedative. Horehound is frequently taken for bronchial asthma, bronchitis, chesty colds, non-productive coughs, liver/gallbladder problems, palpitations, sore throat, typhoid fever, wheezing, and whooping cough, as well as bronchiectasis—a damaged air passage within the lung.

**Althea** increases the production of mucosal fluids to soothe inflamed tissues and help heal both internal and external inflammatory conditions, including sore throats and minor wounds. Althea is especially beneficial for soothing and protecting irritated mucous membranes. The German Commission E has approved althea for irritation of the oral and pharyngeal (mouth and throat) mucosa and associated dry cough. Modern research has found althea improves immune system function by enhancing the action of white blood cells against microorganisms.

**Bitter orange** (*Fructus aurantia*) is commonly used in traditional Chinese medicine as an expectorant for eliminating excess phlegm and relieving congestion. Research indicates that *Fructus aurantia* contains the flavone nobletin, a potent antioxidant that exhibits anti-allergic, antihistaminic and anti-inflammatory actions. In addition, *Fructus aurantia*

contains the active ingredient synephrine, whose properties include decongestant effects on the respiratory system such as increasing circulation to the head, shrinking swollen tissues, and dilating respiratory passages to improve breathing. Such evidence helps support the use of Fructus aurantia in herbal nasal decongestants, and lends credence to its use for allergies, asthma, coughs and symptoms associated with colds.

**Yerba santa** use dates back to early Native Americans who made a tea from the leaves to treat asthma, colds, coughs and tuberculosis. Yerba santa stimulates the production of mucosal fluids, shrinks inflamed tissues, and acts as an antiseptic to help prevent infection. In addition, yerba santa acts as a stimulating expectorant to loosen and remove mucus from breathing passages and is therefore, valued for its use in treating asthma, chronic bronchitis, colds and other respiratory ailments, including allergies, coughs, excessive mucus, influenza, pleurisy, sore throat and tuberculosis.

#### References:

- Fetrow, C. & Avila, J. *Professional's Handbook of Complementary & Alternative Medicines*. Springhouse Corp., 1999.  
*Herbal Medicine: Expanded Commission E Monographs*. Newton, MA: Integrative Medicine Comm., 2000.  
Lininger DC, S., et al. *The Natural Pharmacy*. Rocklin, CA: Prima Health, 1998.  
Mills, S. & Bone, K. *Principles and Practice of Phytotherapy*. London: Churchill Livingstone, 2000.  
*PDR for Herbal Medicines, 2nd Ed*. Montvale, NJ: Medical Economics Company, 2000.  
Presser PharmD, A. *Pharmacist's Guide to Medicinal Herbs*. Petaluma, CA: Smart Publications, 2000.