

The use of certain herbs, vitamins and minerals can reduce the risk of contracting a cold or flu

The old adage, "We can send a man to the moon, but we can't cure the common cold" may soon be outdated.

Recent research and actual clinical trials have shown that the use of certain herbs, vitamins and minerals, particularly in combination, can significantly reduce the risk of contracting a cold or flu.

Further, should a person already have a cold or flu, these naturally-occurring substances can significantly reduce the symptoms and duration of sickness.

Sisu EVC tablets and liquid contain the herb Echinacea, vitamins A, C and B6 and the mineral zinc. This immune-boosting team works synergistically to help the system fight viruses.

Echinacea, or purple coneflower, has been used for centuries to heal infections and wounds. Recently, its ability to boost the immune system's fight against viruses has been well-documented by science.

Echinacea achieves this effect by activating the leukocytes - in particular the B-cells and T-cells, two of the most important soldier cells of the immune system. Echinacea also helps the lymphatic system to remove toxins and

waste materials, assisting overall wellness.

Vitamin C helps the white blood cells engulf and destroy viral invaders, while increasing the antibodies needed to fight infection. The inclusion of vitamin B6 (pyridoxine) encourages the immune system to manufacture other vital antibodies to help combat disease.

Interestingly, it has been estimated that 40 per cent of North Americans are B6 deficient.

Vitamin A exerts a protective effect on the mucous membranes of the mouth, nose, throat and lungs.

This helps prevent invasion by other disease-causing organisms such as bacteria, which may cause secondary infection.

The mineral zinc gives the immune system an additional boost through assisting the development of T-cells, which destroy body cells affected by viruses and other dangerous microorganisms.

This article was submitted by Houston Pharmacy in Stouffville.

Echinacea, or purple coneflower, has been used for centuries to heal infections and wounds.



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