



echinacea A+™

100% E.ANGUSTIFOLIA

by Allison Bachlet
BSC, PHD

Echinacea A+ is a purified extract of exclusively *Echinacea angustifolia*, the species with the highest echinocoid concentration of all the *Echinacea* species.

Echinocoid is a caffeic acid ester with many immune and health boosting properties. These include antibacterial, antiviral and antifungal effects, as well as significant anti-oxidant and anti-hyaluronidase action.

The immune system enhancing effects of echinocoid have recently been shown to include both specific and non-specific defense mechanisms. An increase in the production of T cells as well as T cells production of gamma-interferon (which can help to stop viral replication) was demonstrated in a recent study that investigated the effects of standardized echinocoid (1). The team also found that the *E. angustifolia* extract reduced infection by *Candida albicans*, indicating a strong anti-fungal component. Non-specific immunity is also enhanced by the increased production of the complement factor properdin (complement is a cascade reaction of proteins that work to destroy bacteria in the body) as was shown in a randomized, double-blind, placebo-controlled trial (2). Specific immunity refers the body's ability to respond to specific recognized antigens, and *E. angustifolia*'s effect on this part of the immune system has also been shown to be positive. Researchers have demonstrated significant increases of both primary and secondary IgG response to antigens after treatment with extracts of *E. angustifolia* (3).

The anti-hyaluronidase action of echinocoid has strong immune and tissue benefits. By inhibiting hyaluronidase, echinocoid helps to prevent the spread of infections within tissues and facilitates connective tissue repair (4). Anti-hyaluronidase activity may also confer direct anti-bacterial action to this compound since some bacteria (*Staphylococcal*, *Streptococcal* and *Clostridium* species) produce hyaluronidase in an attempt to hide from the immune system and as a method to increase their mobility through the body.

The anti-oxidant effects and far reaching health benefits of echinocoid are just beginning to be recognized and explored. Recent studies have demonstrated that echinocoid has significant neuro protective effects and can mediate TNF mediated apoptosis. These findings indicate great promise for the utilization of echinocoid in the prevention and treatment of neurodegenerative diseases such as Parkinson's (5,6,7). Collagen and connective tissue damage by free radicals is also inhibited by echinocoid.

Since echinocoids are found only in the roots of *E. angustifolia*, careful separation of the roots and aerial parts of the plants as well as an extraction process designed specifically to obtain the maximum amount of these compounds must be utilized.

Many other compounds found in the roots of *E. angustifolia* also contribute to the plants' excellent health enhancing abilities. Alkylamides, which are potent sialogogues (saliva inducing), are what give good *Echinacea* products that



characteristic "tingling of the mouth" and saliva producing response. This response in itself has bacterial fighting power as it stimulates the body to try to 'flush away' the bacteria that is constantly encountered in the environment. The polysaccharides and polyacetylenes found in the root extract also help to increase *angustifolia*'s bacteriostatic and fungistatic activity (4).

Albi takes pride in the fact that it is a Canadian company that monitors their products from seed to shelf. They ensure that only the highest quality *E. angustifolia* is used and that excellent production techniques are upheld. The *E. angustifolia* used in Albi's *Echinacea A+* is harvested from northern Alberta using organic (pesticide and chemical free) farming methods. The hardiness of these plants, grown in Canada's north, is the reason that the roots are naturally very high in echinocoid.

Echinacea A+ has been standardized to 8 mg/ml of echinocoids to provide exceptional bacterial fighting and immune strengthening ability. Independent HPLC testing has shown that Albi's *Echinacea A+* has significantly more echinocoid than any other comparable *Echinacea* product on the market.

albinaturals.com