

# PARA-SHIELD

## Supports Healthy Intestinal Environment\*



### ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG PER 2 CAPSULES
Black Walnut green hulls ( <i>Juglans nigra</i> )	160 mg
Wormwood absinthium ( <i>Artemisia absinthium</i> )	80 mg
Wormwood annua ( <i>Artemisia annua</i> )	80 mg
Pomegranate seed ( <i>Punica granatum</i> )	80 mg
Gentian root ( <i>Gentiana lutea</i> )	80 mg
Chinese Coptis root & rhizome ( <i>Coptis chinensis</i> )	40 mg
Ginger root ( <i>Zingiber officinalis</i> )	16 mg
Clove oil ( <i>Caryophyllus aromaticum</i> )	.16 mg

### DOSAGE

2 Liquid Phyto-Caps 2 times daily.

### DURATION OF USE

2-4 weeks

### BEST TAKEN

After meals, with a small amount of warm water.

### DESCRIPTION OF FORMULA

**P**ara-Shield contains key constituents that function synergistically to support the body's natural defense against and resistance to damaging stressors in our internal environment, while promoting healthy intestinal organism balance.\*

Scientific studies have explored the herbs found in Para-Shield, and their specific effect on creating an internal environment that supports the growth of healthy microorganisms. Collectively the herbs in Para-Shield work by encouraging the natural and normal release of select chemicals that the body uses to support intestinal health, while optimizing digestive functions to remove them from the body.\*

Wormwood absinthium contains compounds that support the body's natural resistance to microscopic challenges from the environment. Specifically, it contains essential oil, absinthin, anabsinthin, resins, and organic acids that help to support a healthy microbial environment in the intestines and throughout the body.\*

Black Walnut Green Hulls promote natural and healthy intestinal microorganisms. Providing a broad-spectrum of support for healthy microorganism balance, black walnut green hulls maintain the health of lymphatic fluid and blood, and organs including the liver, heart, brain and intestinal tract.\*

Wormwood annua has been revered throughout China for thousands of years for its ability to support the natural removal of unwelcome organisms housed in the body. Wormwood annua is an important source of artemisinin and its derivatives. Artemisinin reacts with iron which is released by hemoglobin, creating free radicals which in turn, support a healthy microbial environment by targeting certain proteins. They also support the healthy function of white blood cells, particularly those that promote and protect blood.\*

Chinese Coptis is an important source of the plant alkaloid, berberine, recognized for its beneficial actions of maintaining broad-spectrum microbial balance throughout the intestinal tract.\*

Pomegranate Seed contains a significant quantity of punicic acid which is a fatty acid that is structurally similar to conjugated linolenic acid and is recognized for its actions in supporting healthy cellular metabolism and offering potent immune protection. It is also rich in polyphenols and other fatty acids, including palmitic acid, stearic acid, oleic acid, and linoleic acid. These compounds maintain and support healthy immune function and provide antioxidant protection against the damaging effects of toxins and other stressors released by opportunistic organisms in the body.\*

Clove Oil complements the herbs in this formula by promoting immune and gastrointestinal health.\*

Gentian root is a digestive bitter that supports gastrointestinal health and liver function.\*

Ginger rhizome is a powerful botanical promoter of healthy prostaglandin and thromboxane activity; compounds associated with immune function. Further, this highly valued herb promotes healthy circulation and digestion, and a proper response to environmental stress.\*

### SAFETY EVALUATION/CONTRAINDICATIONS

Before using this product, talk with your healthcare professional if you suffer from a medical condition. Please visit [www.gaiaherbs.com](http://www.gaiaherbs.com) to obtain information regarding potential contraindications and/or side effects that may be associated with herbs found in this formula.\*

### KNOWN DRUG INTERACTIONS

Before using this product, talk with your healthcare professional if you take any medications. Please visit [www.gaiaherbs.com](http://www.gaiaherbs.com) to obtain information regarding any possible drug interactions that may be associated with herbs found in this formula.\*

## REFERENCES

- Anon. Berberine. *Altern Med Rev*. 2000 Apr;5(2):175-7.
- Braga LC, et al. Pomegranate extract inhibits *Staphylococcus aureus* growth and subsequent enterotoxin production. *J Ethnopharmacol*. 2005 Jan 4;96(1-2):335-9.
- Eckstein-Ludwig U, et al. Artemisinins target the SERCA of *Plasmodium falciparum*. *Nature*. 2003 Aug 21;424(6951):957-61.
- Ficker C et al. Bioassay-guided isolation and identification of antifungal compounds from ginger. *Phytother Res* 2003 Sep;17(8):897-902.
- Kumari MV. Modulatory influences of clove (*Caryophyllus aromaticus*, L) on hepatic detoxification systems and bone marrow genotoxicity in male Swiss albino mice. *Cancer Lett*. 1991 Oct;60(1):67-73.
- Leung AY, Foster S. *Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics*, 2d ed. New York: John Wiley & Sons, 1996, 1-3.
- Liang CP, Wang M, Simon JE, Ho CT. Antioxidant activity of plant extracts on the inhibition of citral off-odor formation. *Mol Nutr Food Res*. 2004 Sep;48(4):308-17.
- Lindberg CM, Melathopoulos AP, Winston ML. Laboratory evaluation of miticides to control *Varroa jacobsoni* (Acari: Varroidae), a honey bee (Hymenoptera: Apidae) parasite. *Econ Entomol*. 2000 Apr;93(2):189-98.
- Wang RF, et al. Bioactive compounds from the seeds of *Punica granatum* (pomegranate). *J Nat Prod*. 2004 Dec;67(12):2096-8.
- Yabu Y, et al. Antitrypanosomal effects of traditional Chinese herbal medicines on bloodstream forms of *Trypanosoma brucei rhodesiense* in vitro. *Southeast Asian J Trop Med Public Health*. 1998 Sep;29(3):599-604.

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.