

# QUICK DEFENSE

## Maintains a Healthy Inflammatory Response\*

### ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 2 CAPSULES
Echinacea root ( <i>E. angustifolia</i> & <i>E. purpurea</i> )	210 mg
Andrographis paniculata	100 mg
Black Elderberry ( <i>Sambucus nigra</i> )	100 mg
Ginger root supercritical extract ( <i>Zingiber</i> off.)	10 mg

### STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

R <sub>x</sub> -A Factors (Total Alkylamides from Echinacea)	10 mg
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### DESCRIPTION OF FORMULA

When the respiratory tract experiences airborne stress, the immune system secretes specific inflammatory hormones that have far-reaching and detrimental effects on the body. In order to preclude this effect, it is important to support the inflammatory response. Quick Defense Liquid Phyto-Caps contain select herbs that are critical to enhancing the body's respiratory response to environmental stressors and supporting the epithelial cells that line the respiratory system. This unique formulation utilizing patent-pending extraction methods has produced a compounded formula that has a profound impact on the body and helps to maintain a healthy inflammatory response to respiratory stress.\*

Echinacea root has long been used by Native American groups to support the respiratory functions during the winter season. However, the exact function of this plant has not been clearly understood until recently. Research conducted by Gaia Herbs, along with several universities and institutions, has elucidated compounds that have restructured our understanding of how Echinacea works. These compounds, identified and concentrated by Gaia Herbs, are called "R<sub>x</sub>-A Factors", which represent the specific alkylamide fractions known as Isobutylamides. These concentrated alkylamide factors found primarily in the roots of the Echinacea angustifolia and Echinacea purpurea help maintain a healthy inflammatory response. "R<sub>x</sub>-A Factors" support the tissues of the sinus and throat cavity that are exposed to air-borne stressors, and balance an acutely challenged immune system.\*

Regarded as an "Elder" plant in Native American Herbalism, the Elderberry has been used collectively by various tribes as a tonic medicine and food staple to promote overall health and vitality. It compliments the Quick Defense Liquid Phyto-Caps formula by supporting respiratory resistance through the promotion of free-radical quenching antioxidants rich in the fruit extracts. By providing powerful antioxidant protection from free-radical airborne elements, the Elderberry prevents damage to the cellular tissues of the body and promotes overall wellness to the respiratory apparatus.\*

### DOSAGE

Liquid Phyto-Caps: Take 2 capsules 5 times daily for 2 days at onset. Repeat if necessary.

### DURATION OF USE

4 days

### BEST TAKEN

At onset, with warm water

Andrographis is a traditional medicine that has been used extensively in India, China, and Thailand to support many functions of the body. In Traditional Chinese Medicine, Andrographis is considered a "cooling" herb and was often prescribed with warming herbs such as Ginger making this addition to the formula critical to restoring balance to the body. Recent clinical studies have confirmed this herb's ability to reestablish tissue integrity during respiratory crisis. Interestingly, the clinical data illustrated the wide scope of its potency when it suggested that Andrographis promotes both antigen-specific as well non-specific immune functions making this plant as versatile as it is potent.\*

Ginger is highly valued in many traditions, including Ayurveda, and traditional Western herbalism for its soothing properties. Ginger rhizome is one of the most powerful botanical inhibitors of 5-lipoxygenase, an enzyme responsible for the production of pro-inflammatory prostaglandins and thromboxanes. By supporting a healthy inflammatory response, Ginger promotes wellness of the mucous membranes in the sinus cavity and respiratory system during times of challenge.\*

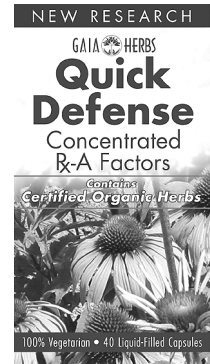
Quick Defense Liquid Phyto-Caps is a compounded botanical preparation that utilizes historical wisdom with modern research to enhance the body's respiratory response to environmental stressors. By supporting the epithelial cells that line the respiratory system Quick Defense Liquid Phyto-Caps reinforces a healthy inflammatory response and hastens quick and vital improvement.\*

\*Note: The intention of this information is to represent the traditional use of the individual botanicals found in these formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

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### 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**

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\*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.