

THROAT SHIELD™ LOZENGE

Supports Throat Health*

DOSAGE:

1 Lozenge dissolved in mouth

DURATION OF USE:

Can be used twice daily or as directed by a physician for up to 8 weeks.

BEST TAKEN:

Can be used alone or in conjunction with Throat Shield™ Spray

Supplement Facts

Serving size: 1 Lozenge
Servings per container: 20

Calories Per Serving: 5

PROPRIETARY BLEND 355 mg †
Chicory (*Chichorium intybus*) root; honey freeze dried extract; Sage (*Salvia officinalis*) leaves, freeze dried extract; Aloe Vera (*Aloe vera*) leaves, concentrated gel, freeze dried extract▲; Myrrh (*Commiphora myrrha*) resin, freeze-dried extract; Peppermint (*Mentha piperita*) essential oil; Cinnamon (*Cinnamomum zelanicum*) essential oil

† Daily Value not established

Other Ingredients:

Cane sugar, Mint (*Mentha* spp.) natural flavor

▲ = Certified Organic Ingredient



DESCRIPTION OF FORMULA COMPONENTS

Throat Shield™ Lozenges are great tasting with a hint of mint and naturally sweetened with cane sugar and honey. This unique proprietary blend contains botanicals with a long history of therapeutic benefit for conditions of the mucous membranes. Many of these herbs have been used throughout history to help the body maintain normal levels of inflammation and immune response.

Sage leaves are naturally rich in polysaccharides, phenolic compounds, flavonoids, and essential oils. As reported by the Commission E monographs, it has long been known that Sage helps the body create a healthy inflammatory response in the mucous membranes, particularly in the nose and throat.

In 2006, a randomized, double-blind, parallel group phase II/III study was conducted to compare the efficacy and tolerability of a throat spray containing a Sage extract versus placebo in the treatment of patients with acute viral pharyngitis. Results from this study demonstrated that a Sage extract throat spray provided a convenient and safe treatment for patients with acute pharyngitis. Symptomatic relief occurred within the first two hours after initial administration and was statistically significantly superior to placebo.

Aloe has a long history of traditional use for medicinal purposes and is particularly well known for its mucilaginous soothing properties. Many of the health benefits associated with Aloe Vera have been attributed to the polysaccharides contained in the gel of the leaves. These biological activities include providing relief to burned or irritated tissue. Studies also demonstrate that many Aloe species have topical wound healing properties because of its naturally soothing properties.

In a double blind placebo controlled study of individuals with Lichen Planus, a painful chronic inflammatory condition of the mouth, application of aloe demonstrated significant results. 81% of the aloe treated group reported improvement in symptoms, primarily pain, compared to placebo with some having complete remission. This further demonstrates the soothing properties of Aloe in the oral mucous membranes.

As far back as 3000 BC, Myrrh has been used as an antiseptic botanical agent, a spiritual element, and even embalmed the dead.

The genus *Commiphora* is composed of more than 200 species, and has been utilized throughout history as a natural agent to help with pain, skin irritation, inflammatory conditions, diarrhea, and periodontal diseases. It has often been identified as a "blood mover" in Chinese medicine.

Traditional practice and evidence-based research support that the therapeutic properties of Myrrh are directly attributable to terpenoids (especially furanosesquiterpenes), the active compounds present in myrrh essential oil. More recently, current studies have focused on applying clinical trial methodologies to validate its use as an antineoplastic, an antiparasitic agent, and as an adjunct in healing wounds. Myrrh has been used throughout time, and continues to be used today, in underdeveloped countries, where it readily grows, to assist the body in dealing with a variety of microorganisms.

Chicory root is naturally high in inulin, and belongs to a class of fibers known as fructans. Fructans have reported prebiotic-bifidogenic properties based on the fact that inulin passes through the stomach and duodenum undigested and is highly available to the gut bacterial flora. In vitro studies have also explored the use of chicory in maintaining a healthy inflammatory response, particularly with prostaglandin E(2) and cyclooxygenase 2 (COX-2) protein expression. When throat irritation is present, a healthy inflammatory response is timely and necessary.

Cinnamon, much like Myrrh, has been utilized as a medicine, spice, and traditional folk element throughout history and dates back to biblical times. Its essential oils have historically been used as an antimicrobial agent, including in the preservation of food. It also has potent antioxidant activity.

In addition to its pleasant flavor, peppermint essential oil, known for its cooling botanical properties, helps to provide immediate relief for irritated mucous membranes.

SAFETY EVALUATION

This product is not to be used during pregnancy or lactation. This product is suitable for children. If your child is younger than age six, please consult a healthcare practitioner before administering. If you

have a medical condition or are taking pharmaceutical drugs, please consult with your healthcare practitioner first.

COMPLEMENTARY HERBS/FORMULAS

Quick Defense liquid phyto-caps™ (for acute use 2-4 days only)

Respiratory Defense liquid phyto-caps™

Olive Leaf liquid phyto-caps™

Echinacea Goldenseal liquid phyto-caps™

Aller Leaf liquid phyto-caps™

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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.