



HERBAL EXTRACT
COMPANY

CLINICAL GUIDE FOR WINTER SUPPORT

*Herbalists often say,
“The best herbs for colds and flu are the ones that help you prevent them.”*



Shorter days and dropping temperatures add pressure to the respiratory system.



Colder air, dry indoor environments and more time spent inside create ideal conditions for infections like colds, flu and bronchitis.



Support respiratory and immune health this winter with clinically effective liquid herbal extracts. Offering high bioavailability and versatility in preventative and acute care.

Prevention remains the best medicine.

Immunomodulating herbs such as **Astragalus**, **Reishi**, **Withania** and **Siberian Ginseng** help build resilience over time, particularly in patients recovering from stress or recurrent infections.

At the first sign of illness reach for immune stimulating herbs such as **Andrographis**, **Echinacea** and **Elderberry** to reduce severity and duration.



When symptoms develop further herbs such as **Mullein**, **Thyme**, **Heartsease** and **Eyebright** provide targeted symptomatic relief.



Don't forget recovery: **Nettles**, **Oats Green**, **Alfalfa** and **gentle bitters** support the return of strength and prevent relapse.

Featured Recipe **Fast Fire Cider**



A stimulating and immune-boosting winter tonic that's ideal for prevention or acute support.

Ingredients

$\frac{3}{4}$ cup apple cider vinegar
 $\frac{3}{4}$ cup raw honey
90mL Garlic extract
60mL Horseradish extract
40mL Thyme extract
10mL Ginger extract
2mL Cayenne extract (adjust to taste)

Method

Warm vinegar and honey to form a syrup, remove from heat, add extracts, stir well and bottle. Shake before use. Store in a cool, dark place for up to a year.

Dose

Maintenance: 10mL daily

Acute: 10mL every 3–4 hours during infection

Herbal Actions & Indications



Andrographis (*Andrographis paniculata*):

A powerful bitter and immune stimulant used for colds, flu, bronchitis and fever. High doses have been shown to work as well as paracetamol for sore throat and fever over several days.



Angelica (*Angelica archangelica*):

Warming and tonifying, Angelica is a classic convalescent remedy for fatigue, poor nutrient uptake, lung congestion and cold-stage fevers.



Echinacea (*E. purpurea / E. angustifolia*):

An immune modulator and stimulant with well-documented antiviral and antimicrobial activity. Effective for both prevention and treatment of upper respiratory tract infections.



Elderberry (*Sambucus nigra*): Antiviral and immune enhancing, Elderberry supports early-phase infections and is ideal for winter dosing due to its palatability.



Garlic (*Allium sativum*): A potent antimicrobial and immune tonic shown to reduce the frequency and severity of respiratory infections.



Grindelia (*Grindelia robusta*): Antispasmodic and expectorant for tight, sore, dry coughs with stuck mucus. Also helpful for asthma and bronchitis.



Heartsease (*Viola tricolor*): Mucous membrane tonic with anti-inflammatory and expectorant actions. Traditionally used for bronchitis and whooping cough.



Herbal Head Cold: A balanced blend including Elder Flowers, Eyebright, Echinacea, Ribwort, Yarrow, Lime Flowers, Calendula and Cinnamon. Designed to reduce congestion, support immunity and shorten infection duration.



Hyssop (*Hyssopus officinalis*): A warming expectorant and stimulating diaphoretic, helpful for stagnant coughs and colds with mild fever.



Ivy Leaf (*Hedera helix*): Clinically supported for bronchitis, productive cough and asthma. Acts as a bronchodilator and expectorant.



Stone Root (*Collinsonia canadensis*): Relieves tickling coughs, hoarseness and laryngeal irritation, especially when voice strain is a factor.



Thyme (*Thymus vulgaris*): Broad-spectrum antimicrobial and expectorant, ideal for spasmodic or chesty coughs with thick catarrh.

PRACTITIONER TIPS

- ✓ **Prevention:** Use immune modulators long-term such as **Astragalus**, **Reishi** and **Withania** to build baseline resilience.
- ✓ **Early Intervention:** Use immune stimulants such as **Andrographis** and **Echinacea** at the first sign of infection.
- ✓ **Fever Management:** Support healthy fever responses with herbs like **Yarrow**, **Elder Flowers**, **Ginger** and **Hyssop**.
- ✓ **Nutrition:** Encourage a wholefoods diet rich in colourful fruits and vegetables, garlic, onion and warming spices like ginger and chilli. Avoid sugar, alcohol and processed foods that may impair immunity.

- ✓ **Hydration:** Support mucous membrane health with warm broths, herbal teas, soups and fresh juices. Hydration also enhances detoxification and immune efficiency.
- ✓ **Lung Support:** Use demulcents and expectorants such as **Mullein**, **Ivy Leaf** and **Marshmallow** for persistent coughs or thick mucus.
- ✓ **Lifestyle:** Promote fresh air, moderate exercise, rest, emotional support and laughter. Address indoor pollutants such as mould, and encourage practices like steam inhalation, salt water gargles and warming chest rubs.
- ✓ **Convalescence:** Nutritive herbs such as **Nettle**, **Alfalfa**, **Oats Green** and adaptogens such as **Withania** and **Siberian Ginseng** to assist recovery.