



Forever Echinacea Supreme®

Echinacea has a rich tradition in the culture of the North American Plains Indians, who used it more than any other plant to help maintain their health during the winter time. They also applied root poultices, used Echinacea mouthwash, and drank the tea. It was prominent in America until the 1940s. The Europeans, who discovered it in the 1930s, still use it extensively.

Botanists named the plant after the hedgehog (Echinus) to describe its prickly, cone-like center. It grows naturally in the Midwest states from western Pennsylvania to Kansas and as far south as Northern Texas. Hundreds of scientific studies have indicated that Echinacea can help support immune function.

In recent years, research has discovered a mechanism by which Echinacea may help. One of the primary defense mechanisms of the body is made of a jelly-like substance called Hyaluronic Acid (HA). HA occurs in the tissues between cells to “cement” them together. There is an enzyme, hyaluronidase, which attacks HA in a way not fully understood. When it does, the HA quickly loses its jelly-like viscosity, and this protective “cement” loses its effectiveness. If the enzyme is allowed to destroy the integrity of the HA barrier, immune function may suffer. Echinacea has been shown to prevent the enzyme from dissolving HA.

Forever Echinacea Supreme® contains both of the most highly prized forms of Echinacea (*Purpurea* and *Angustifolia*), plus Goldenseal and Grape Seed Extract, for maximum benefits.

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving

| | |
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| Proprietary Blend | 500 mg |
| <i>Echinacea purpurea</i> (whole herb) | * |
| <i>Echinacea angustifolia</i> (root) | * |
| Goldenseal (root) | 300 mg* |
| Grape Seed Extract | 100 mg* |

* Daily Value not established.

Other ingredients: Cellulose, stearic acid, magnesium stearate, croscarmellose sodium, silicon dioxide, hydroxypropyl methylcellulose.

CONTENTS
60 tablets

SUGGESTED USE

Take 1 tablet two times daily. For best results, after taking Forever Echinacea Supreme® for 4 to 8 weeks, a 2 week break is recommended before resuming use of this product.



- Can help support immune function
- Contains Goldenseal and Grape Seed Extract
- Synergistic Combination

PRODUCT #214



The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.