



Echinacea - <i>Echinacea purpurea</i> / <i>E. angustifolia</i> / <i>E. pallida</i>	
Description	A plant native to the USA. Echinacea is a wild flower with purple daisy-like blossoms.
Traditional Use	For centuries, the Plains tribes in central USA used the plant to healwounds and to counteract the toxins of snakebites. It became popular as an all over infection fighter, and it is thought to contain active ingredients that strengthen the immune system.
Commercial Availability & Dosage	Preparations available include standardised tinctures made from fresh root, extracts, tablets, capsules, and ointments. A general guide for dosing is 3 grams dried herb (or equivalent) daily ²
Precautions / Contra-Indications	Caution use in those known to be sensitive to members of the Compositae family, i.e. daisies, ragweed, and chrysanthemums.
Pregnancy & Breastfeeding^{1,2}	There is insufficient data to determine the safety of Echinacea use during pregnancy and breastfeeding. Use should therefore be avoided.
Adverse Effects^{1,2}	Allergic reactions have been reported in those individuals sensitive to members of the Compositae family, i.e. daisies, ragweed, and chrysanthemums.
Interactions²	May interfere with immunosuppressive therapy.
References	<ol style="list-style-type: none"> 1. Mills, S. & Bone, K. Principles and practice of phytotherapy. Churchill Livingstone, 2000. 2. Braun & Cohen. Herbs and Natural Supplements: An evidence-based guide. Churchill Livingstone, 2005.