

ALLER-LEAF

Supports Healthy Functioning of the Upper Respiratory System*

DOSAGE

2 capsules, 2-3 times daily

DURATION OF USE

2 or more months

BEST TAKEN

Between meals with a small amount of warm water



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per 2 Capsules	mg
Calories 20	
ALCOHOL FREE CONCENTRATED EXTRACTS OF:	
Turmeric root (<i>Curcuma longa</i>) ▲	132 mg†
Nettle leaf (<i>Urtica dioica</i>) ▲	106 mg†
Bayberry bark (<i>Myrica cerifera</i>) +	100 mg†
Feverfew tops (<i>Tanacetum parthenium</i>) ▲	100 mg†
Eyebright herb (<i>Euphrasia officinalis</i>) ▲	48 mg†
Chinese Skullcap root (<i>Scutellaria baicalensis</i>) +	36 mg†
Goldenseal rhizome (<i>Hydrastis canadensis</i>) +	16 mg†
Yarrow flower (<i>Achillea millefolium</i>) ▲	14 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).

▲ = Organic Ingredient

+ = Ecologically Harvested

THE IMMUNE SYSTEM AND RESPIRATORY HEALTH

Most people realize that our very existence is shared with countless microbes of all sorts. Bacterium, viruses, and yeasts cover the surfaces of our world. We ingest these pathogens in our food and with our breath; they are everywhere. It stands to reason that our immune system is as active and complex as it is.

The immune system is a multifaceted defense system that helps us co-exist with the natural order of pathogens. Our own well being depends on the function of the very complex immune response. White blood cells and polypeptides become active when the body recognizes an organism as foreign. The response involves ingesting and destroying (phagocytosis) foreign cells by white blood cells and macrophages (specifically neutrophils, eosinophils, basophils, and lymphocytes). In fact, it is the lymphatic fluid's delivery of these immune components that starts the inflammation associated with immune response. Lymph fluid also carries pro-inflammatory substances, such as interleukin, to the site of defense. In addition to all of this, mast cells and basophils release histamine, prostaglandins, and other pro-inflammatory substances, that help with the attack on unwanted pathogenic substances. This intricate and extremely effective defense system can be sluggish or it may become overactive or react to substances that are not necessarily pathogenic. Supporting the normal healthy function of immunity proves critical in order to maintain overall health and vitality.

Plants have a unique ability to support and normalize function of the body. For the immune system, this is invaluable. Because it is so complex and is a delicate balance of many factors responding together, the complex nature of plants proves ideal. Botanicals can act amphoterically (according to what is needed). The result is an overall tonic effect that supports a healthy functioning immune system. This support is especially valuable for the respiratory system, which is subject to many environmental stresses such as pollen, dust, and growing toxic exposure. Immune support can go a long way in

encouraging proper response to environmental stresses and pathogenic exposure. Aller-Leaf's component herbs help support immunologic balance. The herbs in Aller-Leaf also help to tonify the mucosal tissues and maintain normal respiratory function. Some of the plants support digestion and liver function. This is important as digestion and the liver directly support overall elimination of toxins. The lungs are also involved in the elimination of toxins, and benefit indirectly from the promotion of waste removal in other systems.

Nettle leaf has been used since ancient times. The Greek physicians Dioscorides and Galen used Nettle leaf to support respiratory, urinary and reproductive health. By the late 19th and early 20th centuries, Eclectic physicians used this highly nutritious herb as an astringent and digestive aid and to support healthy skin. Although several studies have investigated the effects of Nettle and its constituents, the mechanism of action of Nettle leaf is still unknown. *In vitro* and *ex vivo* studies indicate that Nettle leaf extract inhibits prostaglandin and leukotriene synthesis and suppresses cytokine production. These substances are yet other inflammatory responses of the immune system; Nettle appears to help keep them within a healthy range.

Turmeric root is a native to South East Asia and India, where it has long been consumed as a food and coloring agent. Historical use centered on its digestive properties. Turmeric contains a variety of curcuminoids, particularly curcumin. These are believed to account for the powerful antioxidant effects of Turmeric. The antioxidant effect generates a supportive effect to the liver. A properly functioning liver supports the immune system by breaking down immune complexes carrying ingested pathogens. Curcumin is shown to exhibit numerous effects on the inflammatory immune response, including a normalization of leukotriene formation and neutrophil response. It also appears to encourage the availability of natural cortisols, the body's own anti-inflammatory hormones. These profound actions combine to help normalize the immune response and make it ideally suited

to support a healthy respiratory system despite exposure to environmental stresses.

Chinese Skullcap root was and is extensively used in Traditional Chinese Medicine. Its application covers a broad range of uses, including support to respiratory health. It has drawn extensive research interest, suggesting numerous mechanisms for normalizing the immune inflammatory response. These immuno-modulating properties appear to result from activity effecting prostaglandin and neutrophil responses. Like Turmeric, Chinese Skullcap also possesses powerful anti-oxidant activity.

Eyebright herb is a traditional European herb used almost exclusively as support for healthy eyes. It is also observed to support the strength and function of respiratory mucous membranes. Its role here relates to its tannins, astringent constituents that bind proteins. This may explain its ability to help promote normal mucous production and healthy mucous membrane tissue. Eyebright has a strong affinity with upper respiratory tissue.

Goldenseal root is a native American remedy for helping maintain normal respiratory mucosal function. Like Eyebright, Goldenseal contains tannins and other constituents that make it a tonic to mucous membrane tissue. The astringent tannins help normalize mucous membrane function, resulting in a reduction of mucous production and healthier tissue. Goldenseal additionally contains bitter glycosides that support healthy digestion. To round out the benefits, Goldenseal contains berberine and other alkaloids that are shown to activate macrophages and increase blood flow to the spleen (a storage site for lymphatic fluid). Thus, it is able to further support the overall goal of better immune function.

Bayberry bark also contains tannins and has an astringent action. It is a traditional remedy for the upper respiratory tract.

Yarrow flowers are traditionally considered astringent with an affinity for supporting the respiratory mucosa. Its constituents have recently shown evidence to interfere with production of pro-inflammatory prostaglandins and thromboxanes via 5-lipoxygenase and cyclooxygenase. While this is preliminary and *in vitro* observation, the long traditional use of Yarrow to support general respiratory health is a valid cause for adding Yarrow to this formula.

Calamus rhizome is a digestive tonic according to traditional Western and Ayurvedic herbal medicine. Healthy digestive function is important to immune function, in that it can help the body protect itself from pathogens that enter the body via the gastrointestinal tract.

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.

COMPLEMENTARY HERBS/FORMULAS

Cell Well, Infla-Profen

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use during pregnancy and lactation. This formula may cause mild gastrointestinal upset if taken away from food.

DRUG INTERACTIONS

Consult a physician if you are taking any pharmaceutical drugs. Aller-Leaf contains tannins, which have the potential for interacting with many drugs. To minimize this risk, take one half hour before or an hour after taking anything other medicine.

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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.