

ENULA MICROBIAL DEFENSE



ENULA MICROBIAL DEFENSE is a proprietary blend of the extracts of three plants- Elecampane, Jalapa and Blood Wss. Nutramedix utilizes a proprietary extraction and enhancement process that yields a highly bio-active product.

Primary Uses of ENULA MICROBIAL DEFENSE:

- ANTI-PARASITIC
- ANTI-BACTERIAL
- LYME DISEASE
- DIGESTIVE SYSTEM HEALTH

Elecampane gets its Latin name, *Inula helenium*, from the legend of Helen of Troy, who was supposed to have carried a bouquet of elecampane with her while being abducted from Sparta. Ancient Greeks and Romans used this herb to treat indigestion, sciatica, bronchitis, and asthma.

Elecampane contains inulin, a phytochemical that coats and soothes the lining of the bronchial passages and acts as an expectorant in the body. Inulin helps promote beneficial intestinal bacteria, very important since 80% of the immune system is located in the digestive system. Studies have also shown two other active ingredients in elecampane, alantolactone and isoalantolactone, to be useful in treating parasites, including roundworm, hookworm, whipworm, and threadworm; this research supports the traditional use of elecampane to treat digestive disorders and parasitic infections. It has also been reported that Enula is effective against certain species of *Babesia*, a parasite commonly associated with Borreliosis (Lyme disease). Elecampane root and rhizome contain approximately 1–4% volatile oils. Most of these volatile oils are composed of sesquiterpene lactones, including alantolactone. Elecampane is also very high in inulin (44%) and mucilage. Most herbal texts attribute the actions of elecampane to alantolactone. The antitussive (cough prevention and treatment) and carminative (intestinal tract soothing) effects of elecampane, however, may possibly be due to the inulin and mucilage content.

In a 1:1000 dilution Elecampane kills the parasitic worm *Ascaris* in 16 hours. Alantolactone has an anti-inflammatory action, it also reduces mucous secretions and stimulates the immune system.

In late 2007, researchers at Cork Institute of Technology, in Cork, Ireland reported that Elecampane kills the potentially fatal methicillin-resistant *Staphylococcus aureus* (MRSA). Extracts from two plants were tested against a group of 300 staphylococci including MRSA and Elecampane proved 100% effective against the superbug.



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