

# HOUTTUYNIA MICROBIAL DEFENSE



HOUTTUYNIA MICROBIAL DEFENSE is an extract of the leaves of *Houttuynia cordata*. Nutramedix utilizes a proprietary extraction and enhancement process that yields a highly bio-active product.

Primary Uses of HOUTTUYNIA MICROBIAL DEFENSE:

- ANTI-BACTERIAL
- ANTI-VIRAL
- IMMUNOMODULATION
- LYME DISEASE
- ANTI-OXIDANT
- ANTI-MUTAGENIC

*Houttuynia cordata* is a Chinese medicinal herb that is found throughout Eastern Asia. It has been used traditionally to treat various types of infections, inflammation, hypertension, sinusitis, pulmonary tuberculosis, etc. Dr. James Schaller has found *Houttuynia* to be effective against *Bartonella* in vitro and in vivo and Dr. Lee Cowden has found *Houttuynia* to be effective against *Bartonella* clinically in patients who have resistant strains of *Bartonella*. A study published in November, 2008 demonstrated that *Houttuynia cordata* is non-toxic to laboratory animals.

SELECTED STUDIES PUBLISHED FROM 2003 TO 2009:

**Biological and antibacterial activities of the natural herb *Houttuynia cordata* water extract against the intracellular bacterial pathogen salmonella within the RAW 264.7 macrophage** - Conclusion: *H. cordata* is stable and beneficial in the treatment of bacterial infection including intracellularly replicating pathogens and may solve antimicrobial misuse and overuse.

**Down-regulation of FcepsilonRI expression by *Houttuynia cordata* Thunb extract in human basophilic KU812F cells** - Conclusion: These results suggest that *H. cordata* extract may exert its anti-allergic activity through down-regulation of FcepsilonRI expression and a subsequent decrease in histamine release.

**Anti-enterovirus 71 activity screening of chinese herbs with anti-infection and inflammation activities** - Conclusion: *H. cordata* extract has antiviral activity, and it offers a potential to develop a new anti-EV71 agent.

**Immunomodulatory and anti-SARS activities of *Houttuynia cordata*** - Conclusion: The results of this study provided scientific data to support the efficient and safe use of *H. cordata* to combat severe acute respiratory syndrome (SARS).

**Antioxidative activity, polyphenolic content and anti-glycation effect of some Thai medicinal plants traditionally used in diabetic patients** - Conclusion: 30 plant extracts evaluated- *Phyllanthus emblica* and *H. cordata* have the highest anti-oxidant activity.

**A study of the antioxidative and antimutagenic effects of *Houttuynia cordata* Thunb. using an oxidized frying oil-fed model** - Conclusion: *H. cordata* showed both antioxidative and antimutagenic properties under OFO feeding-induced oxidative stress



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