

Immunosina:

Ingredients:

Nettleleaves, L-Lysine, Cat's claw, Sageleaves, Coriander-seeds, Rosemary, Lavender Flower.

Vegetarian capsule shell: Hydroxymethylpropyl-cellulose (HPMC)

Sage: This medicinal plant owes its name to the Latin word "salvare / salvus" (= to heal / be healthy). Sage has been known for its medicinal effect since ancient times. The effect of sage is antibacterial, anti-inflammatory, wound-closing and blood purifying and has a preventive effect against infection risks such as a flu epidemic.

Lavender: Lavender is a particularly important medicinal plant with a very wide field of activity. It has an antiviral, antibacterial, antifungal and anti-inflammatory effect. Patients with bronchitis also resort to it in frequent cases.

Nettle: The nettle contains an active substance in its leaves that inhibits the growth of viruses and bacteria. In the past, therefore, a handful of nettle leaves were added to fresh milk for preservation. Some foods, such as fresh meat or fish, were previously kept wrapped in the leaves of nettles to extend their shelf life.

Rosemary: Rosemary has an antibacterial, antiviral, anti-inflammatory, antispasmodic and antifungal effect. Ingredients consist mainly of camphor, verbanol, eugenol, limonene, cineol, borneol, terpinol and thymol. Rosemary also contains resins, tannins, flavonoids, bitter substances, plant acids and saponin.

L-lysine: L-lysine is an active substance from the group of amino acids, which is used to prevent and treat viral infections. Lysine is a natural essential amino acid and an important component of proteins. Lysine plays an important role in maintaining a healthy immune system. Since a lysine deficiency can be linked to a disturbed immune function, supplements can strengthen the immune system.

Cat's claw: Cat's claw has an antioxidant and anti-inflammatory effect. It strengthens and stabilizes the immune system. The powerful cat claw (*Uncaria tomentosa*, *Una de gato*) not only has an antiviral effect - it also has anti-inflammatory characteristics. These health-promoting properties make the plant a natural remedy. It has a regulatory effect on the immune system.

Coriander seeds against infections: Coriander seeds have an antibiotic effect due to their numerous substances. The seeds support the immune system, have an antibacterial effect and are also frequently used as an antiviral aid.