



# Echinacea

(*echinacea angustifolia*, *echinacea pallida*, and *echinacea purpurea*)

- from the dried root, leaves, or flower of echinacea
- comes as powdered herb, dried root, capsules, and tablets; also available as expressed juice or liquid tincture

## What is it used for?

Studies have shown it may be useful in treating adults with the common cold, sore throat, and flu-like symptoms. Echinacea may shorten the time that you have symptoms and may reduce their severity. It is most effective taken when you begin to feel symptoms. However, it has not been shown to *prevent* colds or flu.

Before treating symptoms, refer to your *Kaiser Permanente Healthwise Handbook*, which provides information about when to seek professional care and when it's safe to self-treat.

## How much should I take?

Published studies and reviews suggest the following dosages:

- Take 325–650 mg of powdered herb tablets or capsules three times a day at the first sign of a cold or flu until symptoms resolve, usually not longer than 10 to 14 days, or
- Take 3–4 ml (3/4 teaspoon) tincture three times a day (do not use tincture if you cannot take alcohol or sugar), or
- Take 2–3 ml (1/2 to 3/4 teaspoon) of expressed juice three times a day.
- Do not take for longer than 8 weeks.

## Is it safe to take?

There are no known drug interactions. However, many herbs do have side effects or adverse drug interactions. It's important to discuss herb use with your health care professional, especially if you take prescription drugs. Also see box at right.

## What are the side effects?

Side effects are not common, but may include allergic reactions if you are allergic to ragweed.

If you notice any side effects, stop taking echinacea and call your health care professional. You may report side effects directly to the FDA MedWatch at **1-800-FDA-1088** or on the Internet at [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

## Questionable claims

Be aware that some herbal manufacturers make product claims without any proof that their claims are true. It has not been proven that echinacea relieves allergies, coughs, bronchitis, sinusitis, or urinary tract infections; nor has it been shown that echinacea improves the immune system, prevents skin infections, or heals wounds.

## Do not use this supplement if you

- have an overactive immune system; echinacea may make your condition worse.
- have an auto-immune disease such as systemic lupus, tuberculosis, or multiple sclerosis.
- have human immunodeficiency virus (HIV).
- have a surgery or other procedure scheduled. Some herbs may cause bleeding problems or interfere with anesthesia. Stop taking herbs two weeks before any procedure.
- plan to become pregnant, are pregnant, or are breastfeeding.

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# Herbal medicine: safety and quality matter

## Safety issues

In recent years there has been increasing interest in and use of herbal products. Many people think that because “it’s natural, it must be safe.” However, anything that has possible *good effects* also has *side effects*. In fact, some herbs can cause sickness and even death. For example, ephedra/ma huang, used as a decongestant and appetite suppressant, is known to cause heart and blood pressure problems. Research on herbal effectiveness, side effects, and herb-drug interactions is only now beginning.

## Quality issues

In the United States, herbal products are not categorized as drugs, so they are not regulated by our government. They do not have to be tested for safety or purity by manufacturers, and studies have shown that the amount of herb can range from 0 percent to 150 percent of the amount claimed on the label. The herb in the bottle may even differ from the herb on the label. Here are some of the other problems that can occur:

- Toxicity from the herb (the herb makes you sick)
- Contaminated with microorganisms (the herb causes infection)
- Contaminated with pesticides (pesticide used on the herb makes you sick)
- Imported herbal products may have prescription drugs added

## Herbs at Kaiser Permanente

- Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions. However, they are not required to go through FDA approval.
- As your partner in health, we encourage you to read this summary of currently available information. If you have any questions, talk with your health care professional.

## Before you self-treat

Before treating symptoms, refer to your *Kaiser Permanente Healthwise Handbook*, which provides information about when to seek professional care and when it’s safe to self-treat.

If you have further questions, talk with your personal physician or your pharmacist, or visit your Kaiser Permanente Health Education Department. For more information, you can order a free copy of our *Healthwise Handbook* by calling **1-800-464-4000** (English), **1-800-788-0616** (Spanish), or **1-800-777-1370** (TTY).

Consult a trusted information source such as Kaiser Permanente Online [www.kponline.org](http://www.kponline.org), our national members-only Web site, or the National Institutes of Health on the Web at [nccam.nih.gov](http://nccam.nih.gov).

*This herb data is provided for informational purposes only. This is not an endorsement of any product nor is it meant to substitute for the advice provided by physicians or other health care professionals. The information herein should not be used to diagnose or treat any health problem or disease.*

