

Sinus Forte

Mucous Membrane Support for the Nose and Sinuses*

Sinus Forte contains Eyebright, Golden Rod, Echinacea, Golden Seal and Cayenne, which are traditionally used to:

- ✓ Maintain healthy and **normal mucus secretion in nasal passages**
- ✓ Support **healthy response to environmental stressors**
- ✓ Support **healthy mucous membranes** (particularly of the **nose and sinus**)
- ✓ Assist in maintaining **healthy breathing passages** to support normal breathing
- ✓ Encourage a **healthy respiratory tract** environment and maintain normal **respiratory tract function**
- ✓ Support outer **ocular health***

MediHerb® Sinus Forte contains Eyebright herb, Golden Rod herb, *Echinacea purpurea* root, Golden Seal root and rhizome, and Cayenne fruit. It is formulated to support normal breathing and respiratory tract function, particularly of the nose and sinus. *Echinacea purpurea* root has traditionally been used in Western Herbal Medicine to support immune system health and support a healthy response to environmental stressors.¹ Golden Rod has traditionally been used in Western Herbal Medicine to maintain normal mucous secretion in the nasal passages. Eyebright and Golden Seal have traditionally been used to support healthy mucous membranes (MM).^{1*}

Importance of Healthy Nasal Passages and Sinuses

MMs line the entire respiratory tract and are designed to protect delicate body tissues from exposure to the outside world.² Inside your nose is a series of structures called turbinates. When you breathe, the air is forced over the turbinates. Each turbinate is covered with a MM, which traps dust and other particles, in addition to warming and humidifying the air.² Closely related to the nose are the sinuses. They are hollow chambers in some of the bones of the face that connect with the nasal cavity. The sinuses are also lined with MMs and help to humidify the inhaled air.² When dust and other particles from the outside world get trapped in MMs of your nose and sinuses, this causes the MMs to swell and become irritated. This can result in secretion of excess mucous to clear the particulates.



Suggested Use:

1 tablet 3 – 4 times daily, or as directed.

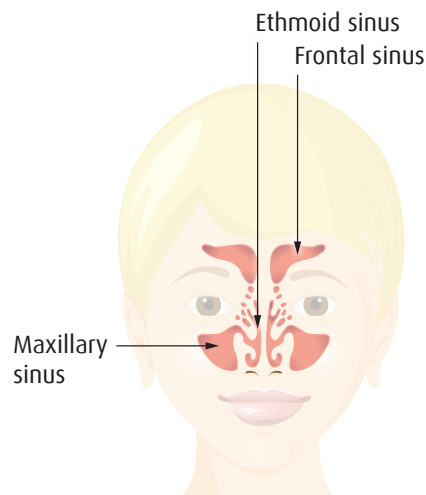
Supplement Facts

	Amount per Serving	%DV
Serving size:	1 Tablet	
Servings per container:	40	
	Amount per Serving	%DV
Eyebright herb 4:1 extract from <i>Euphrasia officinalis</i> herb 650 mg	162.5 mg	†
Golden Rod herb 4:1 extract from <i>Solidago virgaurea</i> herb 650 mg	162.5 mg	†
Echinacea root 4:1 extract from <i>Echinacea purpurea</i> root 370 mg	92.5 mg	†
Golden Seal root & rhizome 1.8:1 extract from <i>Hydrastis canadensis</i> root & rhizome 125 mg	69.5 mg	†
Cayenne fruit 3:1 extract from <i>Capsicum annuum</i> fruit 10 mg	3.33 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Microcrystalline cellulose, maltodextrin, dibasic calcium phosphate dihydrate, croscarmellose sodium, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

Caution: Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Golden Rod.

Figure 1: Healthy Sinus Passages.³



How Sinus Forte Supports Your Health:



Healthy Mucus Secretion in the Nasal Passages*

Eyebright, **Golden Seal** and **Golden Rod** have been used traditionally to support and maintain healthy mucous secretion in the nasal passages.⁴ Due to its pungent, hot and spicy nature, **Cayenne** became an important herb in the late 19th Century for traditional clinicians in the United States due to its ability to bring “vital heat” to the body.⁵ By maintaining healthy nasal passages, these herbs help to support free and clear breathing.*



Supports the Health of Mucous Membranes in the Respiratory System*

Eyebright, **Golden Seal** and **Golden Rod** have also been traditionally used to support and maintain the MMs of the respiratory system.¹ **Echinacea** has traditionally been regarded as a panacea by the Native American tribes in the Plains region, and it was used for a variety of health applications, including those relating to the respiratory system.^{6,7} It has also traditionally been used for the upper respiratory tract in Western Herbal Medicine. As such, these herbs are used to maintain normal respiratory tract function.*



Supports Response to Occasional Seasonal Stresses*

Eyebright, **Golden Seal** and **Golden Rod** have been used traditionally to support a healthy response in the nasal passages when challenged by occasional seasonal stresses.⁴ The root of **Echinacea purpurea** has traditionally been used by Native Americans to support a healthy immune system.^{7*}

References

- ¹ Jurcic K, Melchart D, Holzmann M et al. *Z Phytother* 1989; **10**: 67-70
- ² Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology. Alpha*, Indianapolis, 2004.
- ³ Mayo Clinic. Chronic sinusitis [Internet]. Mayo Clinic; 1998-2021. Available: Chronic sinusitis - Symptoms and causes - Mayo Clinic
- ⁴ Mills SY. *The Essential Book of Herbal Medicine*
- ⁵ *British Herbal Pharmacopoeia*. BHMA, Bournemouth, 1983.
- ⁶ Vogel VJ. *American Indian Medicine*. Norman: University of Oklahoma Press, 1970.
- ⁷ Moerman DE. *Native American Ethnobotany*. Timber Press, Portland, 1998.



MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



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