Zinc Lozenges

Immune boosting lozenges for sore throats, colds, coughs and flu

During the cold winter months, it is common for people to experience sore throats, congestion and coughs. Zinc Lozenges are a convenient, natural remedy for these problems. They boost the immune system, soothe the throat and ease irritated coughs. Here are the ingredients that make these lozenges so beneficial.

**Vitamin C (100 mg.)**

A powerful antioxidant nutrient, vitamin C has been touted as a remedy for colds and flu for decades. Scientific research into this use has produced inconclusive results, but if you are under a lot of stress (stress depletes vitamin C) it may be helpful.

Most animals can manufacture vitamin C in their bodies, but human beings cannot, so all of their vitamin C must come from the diet. Vitamin C is abundant in fresh fruits and vegetables which makes supplementation important during times when fresh foods are scarce.

**Zinc (5 mg.)**

An extremely important mineral for immunity, zinc has been shown to decrease the ability of cold viruses to grow or bind on the lining of the nose. It also increases the body’s resistance to infection. Some studies suggest that zinc may be helpful in speeding recovery from colds, but research on this topic is mixed. Large doses of zinc (10 mg. and up) every couple of hours seems to be most effective.

**Slippery Elm bark**

Slippery elm is a soothing, mucilaginous herb that coats the throat and helps soothe throat irritation. It is also helpful for dry, irritated coughs.

**Echinacea**

Scientific research and clinical studies have shown echinacea to be an important immune-stimmulator. It has the ability to help the body fight off infections, including colds, flu, strep throat, bronchitis and other immune system disorders. In Germany, echinacea has been officially approved as a remedy for treating colds, flu and upper respiratory tract infections.

Echinacea contains a variety of immune-boosting substances, including caffeic acid, echinacosides and alylamides. It inhibits the spread of infection. It increases activity of macrophages and T-cells. It also increases production of interferon, a substance the body uses to fight viral infections. Small doses repeated every two to four hours work best.

**Arabinogalactan**

This substance helps to increase friendly bacteria such as lactobacillus in the gastrointestinal tract and significantly decreases harmful bacteria like E-coli and salmonella. It increases white blood cell production and motivates the macrophages to do their work of killing microorganisms.

**Licorice Root**

Licorice is an expectorant remedy that is useful for congestion, bronchitis, spastic coughs and allergic reactions. When sucked on, licorice soothes throat irritation, relieving sore throat pain, and eases dry, irritated coughs. Licorice is also helpful for balancing blood sugar and supporting the adrenals to reduce stress.

**Essential oils of Eucalyptus and Spearmint**

Essential oils provide flavor to these lozenges, but also add antimicrobial effects. Eucalyptus is especially valuable for clearing mucus and opening up sinus and respiratory passages. Spearmint is helpful for settling the stomach.

**Menthol**

This compound found in peppermint oil (and other mint family plants) is both analgesic (pain relieving) and decongestant.

**Other Ingredients**

Zinc lozenges contain guar gum, a mucilaginous fiber that has a soothing effect on mucus membranes like slippery elm bark. They also contain fructose, xylitol and natural orange and peach flavorings.

**Suggested Use**

Take 1 lozenge each hour and allow the lozenge to dissolve slowly in the mouth. NSP recommends not using more than six lozenges in a 24-hour period. More could probably be taken during the first day, but it would also be unwise to use the lozenges for more than five days in larger doses.

**Selected References**

- The Comprehensive Guide to Nature’s Sunshine Products by Tree of Light Publishing
- Herbal Therapy and Supplements: A Scientific and Traditional Approach by Merrily A. Kuhn and David Winston
- The Encyclopedia of Herbal Medicine by Andrew Chevallier
- www.webmd.com/cold-and-flu/cold-guide/zinc-lozenges-cold-remedy
- www.webmd.com/cold-and-flu/cold-guide/vitamin-c-for-common-cold