Dosage:

- One full dropper 2x daily in warm water, or as directed by a Health Care Practitioner.

## Traditional Keynotes:
- Congested / Inflamed Mucous Membranes
- Expels Excess Mucus
- Antiviral / Antibacterial
- Colds / Flu
- Sinusitis / Hay Fever
- Respiratory Immune Support
- Food Sensitivities
- Lymphatic Drainage

## Complementary Remedies:
- Adrenal Life Force
- Alkalize-C
- GALT Fortifier / Flora Syntropy
- Xeno BioForce
- Aller-Tox I & II
- Pneuma-Tox
- Sinus-Tox
- Berberine Intrinsic
- Olive Leaf Intrinsic
- Temple Warrior
- Drainage Milieu

## Ingredients:
- European Elder (flower) Sambucus Nigra
- Splanthes (aerial parts) Splanthes Oleracea
- Cowslip (flower) Primula Veris
- European Vervain (aerial parts) Verbena Officinalis
- Goldenseal (root) Hydrastis Canadensis
- Sheep Sorrel (aerial part) Rumex Acetosella
- Eyebright (aerial parts) Euphrasia Stricta
- Gentian (root) Gentiana Lutea

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**The Intrinsic Spagyric Botanicals** are handmade remedies manufactured in accordance with the proven laws and time-honoured processes of Spagyrisim, laid down hundreds of years ago. It takes 60-90 days to make the concentrated tincture which has been decanted into a 60mL cobalt blue bottle (protects the remedy). Labelling and bottling are performed without electricity. All raw materials are bio-dynamically grown or wildcrafted, and draw from the finest ancient and modern traditions of herbal medicine from the West, Ayurvedic India, South American Amazon, and Traditional Chinese Botanicals. The name of the (ethno) Intrinsic formulas represents the keynote focal remedy ingredients to which the other ingredients, differentiate, and amplify.

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“*All the good food that may be eaten cannot do the body any good until you have eliminated and cleansed the body of excess acids and mucus....*”

- Jethro Kloss, Back to Eden

**Mucus** is a thick gelatinous fluid secreted by specialized cells of the mucous membranes that line the digestive, respiratory and genitourinary systems, as well as the visual and auditory systems. Composed of water, salts, glycopolypeptide (mucin), enzymes (lysozyme), and immunoglobulins, mucus acts as a protective coating to the mucous membranes, trapping dirt and debris, bacteria, viruses, pollen and wastes and carrying them out of the body.

**Chronic irritation or inflammation of the mucous membranes** by bacterial or viral infection, continued exposure to allergens or inhaled toxins, asthma, colds, flu, or other conditions can lead to excess mucous production in the body. In an attempt to clear the source of the irritation, the body produces more mucus and in chronic cases, this can lead to a constant congestion of respiratory or other affected organs.

**Sambucus nigra (Elderberry)** flowers have been used for centuries for the treatment of bronchial and upper respiratory disorders and have been approved by the German Commission E for the treatment of the common cold.

Elderberry has been traditionally used for the treatment of all forms of upper respiratory conditions, including colds and flu's, sinusitis, allergies, hay fever, asthma and bronchitis. It is an effective blood purifier and cell cleanser and has anti-inflammatory and anti-catarrhal properties.

Clinical research trials have found elderberry to be effective in treating various forms of viral infection, including Influenza type A and B, Herpes Simplex Virus, HIV strains and many others. Research has also found that elderberry extract has the ability to neutralize the activity of the hemagglutinin proteins found on the surface of several viruses. Deactivation of the hemalutinin proteins prevents these viruses from piercing cell walls and thus prevent them from replicating and causing infection of host cells. This action has been shown to kill H5N1 viruses in-vitro.

**The synergistic combination of organic and wild crafted Spagyric botanicals** in this formula have been thoughtfully selected to their ability to reduce production of and expel excess mucus from the body, as well as for their anti-inflammatory, anti-bacterial, and anti-viral effects.

**The botanicals in Sambucus Intrinsic** stimulate and tonify the liver, digestive, and immune systems, enabling the body to better deal with the xenobiotic load and efficiently eliminate excess mucous from the body.

**Sambucus Intrinsic** is an excellent remedy to be used in any case of respiratory congestion or irritation. It is useful in both acute and chronic situations involving viral or bacterial infections in the respiratory tract.

**Tip:** Mucus secretions can be inverted (WaveFront) into Flu Milieu to create an “auto isode”.

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Sambucus Intrinsic

Traditional Phytotherapeutics

**European Elder (Sambucus Nigra)** - Elder flowers are stimulant, diaphoretic and diuretic. They are also used for bronchial and pulmonary problems and to promote expectoration in pleurisy. Elderberry is used for its antioxidant activity, to lower cholesterol, improve vision, modulate the immune system, improve heart health and for coughs, colds, flu, bacterial, viral infections and tonsillitis. Bioflavonoids and other proteins destroy the ability of cold and flu viruses to infect a cell.

**Cowslip (Primula Veris)** - It is used medicinally as a diuretic, an expectorant, and an antispasmodic, as well as for the treatment of headaches, whooping cough, tremors and other conditions. Cowslip flowers are used for febrile colds, nasal congestion, head cold, headaches and flu. A flower tincture or essential oil works well for insomnia, anxiety, or over-excitement. Ointments with cowslip flowers are used on sunburns and skin blemishes.

**European Vervain (Verbena Officinalis)** - Vervain was one of the sacred herbs of the Druids and was called hiera botane, or sacred plant, by the Romans. Verbena strengthens the nervous system whilst relaxing tension and stress. It is used in the treatment of depression and melancholia, particularly following a debilitating illness such as influenza. It is used as a relaxant and antispasmodic remedy in asthma, migraine, insomnium and nervous coughing. Verbenalin, one of the constituents, has a direct action on smooth muscle and also has a potential hypotensive effect. As a diaphoretic, the herb is indicated in the early stages of fever. The glycosides also have a reputed galactagogue and emmenagogue action. The Chinese use Verbena to treat migraines associated with female sex hormone fluctuations.

**Eyebright (Euphrasia Stricta)** – The flower of eyebright somewhat resembles a bloodshot eye, which may have been part of what led ancient peoples to value this plant for eye problems and there was even an old French term for eyebright, casse-lunettes, which means "break your glasses." Eyebright contains bitters, essential oils, several B vitamins and Vitamins A, C, D and E. Eyebright is also high in iridoid glycosides, flavonoids and tannins, which are astringent and beneficial for reducing inflammation. The plant's astringent properties also probably account for its usefulness as a topical treatment for inflammatory states and its ability to drain mucus. Eyebright's antibiotic and astringent properties tighten membranes and reduce mucus surrounding the eyes, effectively strengthening and improving circulation. Astringent properties found in eyebright make it ideal for relieving excess mucus and infectious conditions generally associated with sinusitis allergies, colds and upper respiratory problems. Eyebright has recently been used for cleansing and purifying the blood, therefore stimulating healthy liver functions.

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**Gentiana (Gentiana Lutea)** - Gentiana is a much-used gastric stimulant, specifically indicated in dyspepsia with anorexia, but useful to digestive atony of any sort. It may be used in the treatment of insufficient gastric secretions, intestinal and gastric inflammations, hepatic and gallbladder disease and is a useful adjunct to fever management and in conditions of chronic inflammatory disease where digestion appears to be less than ideal. Its action begins as soon as it is absorbed by the mucus membrane of the mouth. The secoiridoid bitter principles, particularly amarogentin, stimulate gustatory receptors in the taste buds, causing a reflex increase in the secretion of saliva, gastric juice and bile, thereby stimulating the appetite. Amarogentin is one of the most bitter substances known. It also accelerates emptying of the stomach and improves gastric tone, so that heavy food is more easily digested. Gentiana contains no tannin, so there is no astringent or irritant effect. One of its alkaloids gentianine, has been shown to be anti-inflammatory. Besides stimulating secretion of saliva in the mouth and hydrochloric acid in the stomach, gentiopicrotin may protect the liver.

**Goldenseal (Hydrastis Canadensis)** - The genus name, Hydrastis, is said to be derived from Greek words that mean "water acting," possibly due to the effect Goldenseal has upon mucus membrane secretions. Goldenseal's numerous uses are attributed to its antibiotic, anti-inflammatory and astringent properties. The herb soothes irritated mucous membranes, aiding the eyes, ears, nose and throat. Taken at the first signs of respiratory problems, colds or flu, Goldenseal is believed to help prevent further symptoms from developing. It has also been used to help reduce fevers and relieve congestion and excess mucus. Goldenseal is said to cleanse and promote healthy glandular functions by increasing bile flow and digestive enzymes, thereby regulating healthy liver and spleen functions. It is also thought to ease inflamed peptic ulcers, aid digestion and relieve constipation. Goldenseal may be used to treat infections of the bladder and intestines as well. Goldenseal contains calcium, iron, manganese, vitamins A, C, E and B-complex and other nutrients and minerals. Its properties are largely due to its alkaloid content, which include berberine, hydrastine and canadine.

**Sheep Sorrel (Rumex Acetosa)** - Sheep Sorrel root is best known for its astringent properties, though it has also been used historically as an antiseptic, diuretic, hepatic and laxative. Sheep Sorrel is high in antioxidants. These protect the cells from free radical damage caused by pollutants and the normal activity of cell metabolism or destruction aiding it's antiseptic, anti-bacterial, anti-viral and anti-parasitic qualities. Herbalists recommend sheep sorrel for treating mouth and throat ulcers, fevers, scurvy and infections. The juice extracted from the fresh plant is used to treat urinary and kidney disease.

**Spilanthes (Spilanthes Oleracea)** - Spilanthes is commonly called the toothache plant and with good reason. The leaves and flower heads, particularly the young buds, contain a natural analgesic which numbs the tongue and gums when chewed, thus relieving the pain of toothaches. It also stimulates the salivary glands to produce more saliva and may function as a simple tonic for healthy gums and oral flora. The main constituent of spilanthes, spilanthol, is an effective anti-parasitic, and has been used as a native remedy against malaria. It has natural anti-bacterial and anti-fungal actions as well, making it a good all purpose purifier. It seems to boost production of leukocytes and antiviral interferon, suggesting that the plant may be useful in enhancing immune system function and it is often used topically to treat bacterial infection of the skin and wounds and fungal infections like ringworm.

**Additional Ingredients:**
- Demineralized water, 20% ethanol

References: