Supplement Sampler
Andrographis (*Andrographis paniculata*)
also known as "Indian Echinacea"

Best Indication
Treatment of the Common Cold

Andrographis significantly improves symptoms of the common cold when started within 72 hours of symptom onset. Some symptoms seem to improve after 2 days of treatment, but it typically takes 4-5 days before maximal symptom relief.

Mechanism of Action
This product is considered an immuno-modulator. This class of natural medicines is considered to "boost" or "support" the immune system. The thinking is that stimulating immune system activity helps the body ward off viruses. There is evidence that andrographis increases antibody activity and phagocytosis by macrophages. Source: Immunostimulant agents from Andrographis paniculata. *J Nat Prod* 1993.

Best Study

"Collectively, the data suggest that *Andrographis paniculata* is superior to placebo in alleviating the subjective symptoms of uncomplicated upper respiratory tract infection. Adverse events reported following administration of *A.* paniculata were generally mild and infrequent. *A.* paniculata may be a safe and efficacious treatment for the relief of symptoms of uncomplicated upper respiratory tract infection."

Dosage
Oral: For treating the common cold:
1200 mg daily in divided doses of either 600 mg BID or 400 mg TID.

Side Effects
• Orally, andrographis is generally well tolerated and safe when used short-term.
• Pregnancy: LIKELY UNSAFE due to abortifacient effects.

Cost
About $10 for a 15 day supply (Community Pharmacy price quote).

Disclaimer
The benefits of preventing common colds with frequent hand washing beat treating with supplements or pharmaceuticals and would make Dr. Ignaz Semmelweis proud.

Brought to you by your colleagues in the UW Department of Family Medicine Integrative Medicine Program.