Sinatrol

Product #516

**Supplement Facts**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Serving Size: 3 Capsules</th>
<th>Servings Per Container: 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>N-Acetyl L-Cysteine USP</td>
<td>750 mg</td>
<td>*</td>
</tr>
<tr>
<td>Andrographis Paniculata Leaf</td>
<td>300 mg</td>
<td>*</td>
</tr>
<tr>
<td>A Stem Extract (Standardized to contain 25% Andrographis)</td>
<td>300 mg</td>
<td>*</td>
</tr>
<tr>
<td>Thyme (Aerial Portion) Extract 8:1</td>
<td>300 mg</td>
<td>*</td>
</tr>
<tr>
<td>Turmeric Root Extract</td>
<td>300 mg</td>
<td>*</td>
</tr>
<tr>
<td>Eleuthero (Siberian Ginseng)</td>
<td>250 mg</td>
<td>*</td>
</tr>
<tr>
<td>Root Extract (Standardized to contain 9% Eleuthera)</td>
<td>200 mg</td>
<td>*</td>
</tr>
<tr>
<td>Bromelain (1,400 GDU/g) (from Pineapple)</td>
<td>100 mg</td>
<td>*</td>
</tr>
<tr>
<td>Berberine Sulfate</td>
<td>100 mg</td>
<td>*</td>
</tr>
<tr>
<td>Lobster Root Extract</td>
<td>100 mg</td>
<td>(Standardized to contain 12% Glycyrrhizin)</td>
</tr>
</tbody>
</table>

* % Daily Value not established

**Dose Form:**

Two-piece vegetable capsule

**Other Ingredients:**

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

**Product Rationale:**

Sinatrol is intended to help support sinus related issues. The ingredients in Sinatrol have proven to have inhibitory activity on inflammatory mediators and organisms known to be associated with chronic sinus conditions.

**Ingredient Information:**

**Andrographis:**
- Pharmacological studies of Andrographis suggest anti-inflammatory, antipyretic, antiviral, and immune stimulating properties.
- A meta-analysis of seven double-blind studies was conducted on the efficacy of Andrographis. The data suggests that A. paniculata is superior to placebo in alleviating the symptoms of upper respiratory tract infections.
- In a randomized, placebo-controlled double-blind study of 208 adults with URTI it was found that A. paniculata (60mg andrographolide/day) improved nasal secretion and soreness of throat compared with placebo.

**N-Acetyl L-Cysteine:**
- NAC breaks the disulfide bonds of mucus glycoprotein. This results in a decrease of viscoelasticity of nasal mucus.
- Reconstituted human nasal mucus (RHNM) from 74 patients with chronic sinusitis was used to determine the effects of 4 mucokinetic agents, including acetylcysteine. Acetylcysteine decreased both dynamic viscosity and elastic modulus better than the other agents tested, making NAC an effective mucolytic.

**Bromelain:**
- The term bromelain refers to the proteolytic enzymes derived from pineapple fruit, leaves, and stems. Bromelain has historically been used as a digestive aid, cleansing agent, for wound healing, and as an anti-inflammatory agent.
- Bromelain was evaluated in children with acute sinusitis. Patients in the bromelain group showed a statistically faster recovery from symptoms associated with sinusitis compared to the other treatment groups.

**Berberine Sulfate:**
- Berberine sulfate is a salt form similar to the berberine alkaloids found in Goldenseal, a plant known to have natural antibiotic and antifungal properties.

**Thyme:**
- Thyme has traditionally been used to help with inflamed sinuses, whooping cough, and help loosen phlegm.
- Thymol is the active ingredient in thyme, and is responsible for the antiseptic, antibacterial, antifungal properties.
- The German Commission E has approved Thyme for the treatment of bronchitis, whooping cough, and upper respiratory inflammation.

**Turmeric Root:**
- Curcumin has anti-inflammatory, antioxidant, and chemopreventive activities.
Eleuthero Root:

- Siberian Ginseng has traditionally been used to help with fatigue, increase concentration, and prevent infections.  
- 10 mg of Siberian Ginseng along with 85 mg standardized extract of Andrographis paniculata, (Kan Jang) were found to be effective against acute upper respiratory tract infections. Significantly improving symptoms such as throat symptoms, headache, nasal symptoms, and general malaise.

Licorice Root:

- Licorice root has historically been used to soothe respiratory inflammation.
- Glycyrrhizin has shown some antimicrobial activity against different bacteria and viruses, including Epstein-Barr. It appears to boost the immune system's T-cell count.

Formula Synergy:

Because sinusitis is multifactorial, and often times a fungal infection is present, Sinatrol includes Andrographis, berberine sulfate, and thyme. In a 1999 Mayo Clinic study, it was found that over 90% of sinusitis suffers also had an active nasal fungal infection.

Dose:

As a dietary supplement, three capsules per day.

Contraindications, Adverse or Other Reactions:

Sinatrol should be used with caution in those individuals having high blood pressure and/or who are on blood thinning medication.

References: