

Sinatrol

Product #516

Supplement Facts		
Serving Size: 3 Capsules		
Servings Per Container: 20		
	Amount Per Serving	% Daily Value
3 capsules contain		
N-Acetyl-L-Cysteine USP	750 mg	*
Andrographis Paniculata Leaf & Stem Extract (Standardized to contain 20% Andrographolides)	300 mg	*
Thyme (Aerial Portion) Extract 5:1	300 mg	*
Turmeric Root Extract (Standardized to contain 95% Curcumin)	300 mg	*
Eleuthero (Siberian Ginseng) Root Extract (Standardized to contain 0.8% Eleutheroside)	250 mg	*
Bromelain (2,400 GDU/g) (from Pineapple)	200 mg	*
Berberine Sulfate	100 mg	*
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	100 mg	*
* % 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 properties¹.
- 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 infections¹.
- 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 placebo¹.

N-Acetyl L-Cysteine:

- NAC breaks the disulfide bonds of mucus glycoprotein. This results in a decrease of viscoelasticity of nasal mucus².
- 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 mucolytic⁸.

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 agent⁷.
- 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 groups³.

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 properties¹³.

Thyme:

- Thyme has traditionally been used to help with inflamed sinuses, whooping cough, and help loosen phlegm⁹.
- Thymol is the active ingredient in thyme, and is responsible for the antiseptic, antibacterial, antifungal properties⁹.
- The German Commission E has approved Thyme for the treatment of bronchitis, whooping cough, and upper respiratory inflammation¹⁰.

Turmeric Root:

- Curcumin has anti-inflammatory, antioxidant, and chemopreventive activities⁴.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. The information provided here is intended to help health care professionals make informed decisions about recommending this product safely and effectively.

Eleuthero Root:

- Siberian Ginseng has traditionally been used to help with fatigue, increase concentration, and prevent infections⁵.
- 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 malaise⁶.

Licorice Root:

- Licorice root has historically been used to soothe respiratory inflammation¹¹.
- Glycyrrhizin has shown some antimicrobial activity against different bacteria and viruses, including Epstein-Barr. It appears to boost the immune system's T-cell count¹¹.

FORMULA SYNERGY:

Because sinusitis is multi-factorial, 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 sufferers also had an active nasal fungal infection¹².

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:

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13. Thorne Research, Inc. Berberine Monograph. *Alt Med Rev.* 2000;5(2): 175-177.

