



POWERFUL COMBINATIONS

Stinging nettle / Cryptolepis / Turmeric / Ginseng / Dandelion / Siberian ginseng root

Urtica dioica/*Cryptolepis sanguinolenta*/*Curcuma longa*/*Panax ginseng*/*Taraxacum officinale*/*Eleutherococcus senticosus*



Areas of application

- Immune support
- Anti-inflammatory
- Antioxidant effect
- Support for exhaustion
- Supporting metabolism and homeostasis

Usage/Indications

Stinging nettle (*Urtica dioica*) and dandelion (*Taraxacum officinale*) are traditionally used to stimulate metabolism, kidney and liver function, and support the body's own regulatory processes through their detoxifying properties.

Turmeric (*Curcuma longa*) complements this with its potent anti-inflammatory and antioxidant compounds, which can protect the liver, digestive system and tissues in particular from oxidative stress. Ginseng (*Panax ginseng*) and Siberian ginseng root (*Eleutherococcus senticosus*) are considered classic adaptogens: They promote physical and mental resilience and help the body adapt better to stressful situations.

Cryptolepis (*Cryptolepis sanguinolenta*) is also used in traditional herbal medicine in the context of susceptibility to infection and is associated with long COVID.

This combination creates a synergistic effect: adaptogens strengthen resilience, whilst metabolism-boosting and detoxifying plants promote internal cleansing and regulatory processes. Antioxidant and anti-inflammatory properties complement one another and help to stabilise the immune system. The blend thus holistically targets immune defence, inflammatory balance, metabolic activation and increased resilience.

Good to know



What is striking about this combination is the blend of immunomodulatory, adaptogenic and metabolically active plants, some of which have different medical system backgrounds (European phytotherapy, Traditional Chinese Medicine). What is special here is not a single 'strong' effect, but the simultaneous influence on inflammatory balance, energy metabolism and excretory function – three physiological areas that are closely interlinked in terms of function.

Side effects/Contraindications

Occasionally, gastrointestinal complaints, mild headaches or allergic reactions may occur. Turmeric may cause heartburn in sensitive individuals; it is contraindicated during pregnancy and breastfeeding (particularly for *Cryptolepis*), in cases of bile duct obstruction or acute gallbladder complaints (turmeric), in severe kidney disease (nettle, dandelion), and in autoimmune diseases or during immunosuppressive therapy only after consulting a doctor. Ginseng and Siberian ginseng root should be used with caution in cases of high blood pressure or when taken concurrently with certain medications (e.g. anti-coagulants).

