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MONO-PLANT PRODUCT RANGE

Cistus Creticus

Box of 100 capsules

Cistus Creticus is one of those medicinal herbs that have continued to demonstrate their benefits through the ages.

Antioxidant Properties

Cistus Creticus is rich with polyphenols and flavonoids, making it a medicinal plant with exceptionally effective antioxidant properties.⁽¹⁾

A bit like a shield, antioxidants protect our cells against the harmful action of free radicals generated by many factors such as: the effects of cellular metabolic activity (respiration, digestion), pollution, unhealthy diet, certain behaviours (cigarettes, alcohol, excessive exposure to ultraviolet rays ...)

An antioxidant deficit allows toxic substances to freely develop, thus causing damages in the body by attacking the cells and the tissues of our body, causing premature aging and facilitating a multitude of various diseases.

Antiviral Properties

According to a study from the Molecular Biology Centre of Münster in Germany ⁽²⁾, Cistus Creticus has strong antiviral properties (against influenza viruses H7N7, commonly known as bird flu).

Its use causes no harm to the cells of the body affected by the virus and contrary to treatment with antibiotics, the viruses do not develop signs of resistance. ⁽²⁾

Pro-immune properties

Rich in polyphenols, Cistus Creticus helps to significantly stimulate the immune system. ⁽³⁾

The immune system is the body's defence against infectious organisms and other invaders. Through a series of steps called the immune response, the immune system attacks organisms and substances that can threaten our body and be the cause of diseases.

Chelating properties (detoxifying)

Cistus Creticus is a chelating agent that can remove heavy metals from the body. These can be the result of cigarette smoke, dental lead, environmental pollution or numerous other sources.

Anti-inflammatory Properties

Rich with polyphenols and flavonoids Cistus Creticus, has strong anti-inflammatory properties.

Chronic inflammation is the cause of many so-called «civilization» diseases: atherosclerosis, type 2 diabetes, cancer, cardiovascular disease, rheumatoid arthritis, arthritis and rheumatism in general, depression, allergies, autoimmune diseases, Parkinson's disease or Alzheimer's. All these diseases have one common denominator: inflammation of body tissues.

Combined with a good diet, Cistus Creticus promotes the fight against inflammation symptoms without the risk of side effects which are common with regular anti-inflammatory drugs, which in turn hinder their long-term usage.

For good nutrition: eat quality food, in reasonable amounts, while watching the Omega-6 / Omega-3 balance. The modern diet is too rich in omega-6, it opens the road to inflammatory diseases.

Antimycobacterial properties

Some biochemical substances (terpenes, phenylpropanoids, flavonoids and alkaloids) contained in Cistus Creticus, confer a powerful anti-mycobacterial activity. Thus Cistus Creticus controls the development of certain microorganisms such as coliform helicobacter bacteria and helps to maintain the bacterial balance of intestinal flora without risk of stomach irritation or toxicity.

Cistus Creticus is also very effective in cases of fungal infections such as intestinal fungi (Candida albicans) and vaginal fungi.

Instructions:

Take one capsule three times per day with a glass of water, preferably between meals. Do not exceed 5 capsules per day.

Use with caution:

Not recommended for pregnant or lactating women.

Composition:

Cistus Creticus – Plant Origin Capsules.

Sources

1. Study of theLEFO Institute in Ahrensburg- Germany
2. <http://zmb.uni-muenster.de>
3. Laboratory tests by Dr Vinzenz Nowak from Bad Iburg, Germany