



## V-X

Stock #1887-6 (100 capsules)

V-X provides a blend of herbs that soothe and heal tissue inflammation and irritation and fight infection. V-X also contains herbs that help detoxify the body through mild diuretic and laxative effects. V-X may be particularly beneficial for women, as several of the herbs in this formula provide specific actions on the female reproductive organs.

V-X has been recommended for both internal and external inflammatory conditions, including cystitis (an infection of the bladder that causes pain or burning when urinating and the constant sensation of needing to urinate), eczema, leukorrhea (sticky vaginal discharge resulting from inflammation or irritation), psoriasis, urinary tract infections, uterine congestion, uterine fibroids, venereal diseases, and minor wounds and abrasions. Each capsule of V-X contains:

**Squawvine** is regarded as a female fertility and pregnancy tonic herb, known for its specific actions affecting the uterus—stimulating circulation, relieving congestion, improving tone and relaxing spasms. Squawvine has been used for dysmenorrhea (painful menstruation), leukorrhea and uterine prolapsus—abnormal downward displacement of the uterus from its normal position within the pelvis. Squawvine also provides diuretic and mild sedative effects. In addition, squawvine has a long history of use to help relieve labor pain, nervous exhaustion and irritability, and has been employed extensively to aid labor and childbirth. Squawvine is also said to increase breast-milk production.<sup>1-4</sup>

**Chickweed** is recommended by herbalists as a natural remedy for both internal and external inflammatory conditions. Applied topically, chickweed is noted for its ability to relieve problems of skin irritation, rashes and itching, including eczema, psoriasis and hemorrhoids. In addition, chickweed provides mild diuretic effects and has been used as a blood cleanser. Chickweed's soothing properties are most likely due to its mucilage content. Chickweed is also a rich source of minerals, including calcium, copper, iron, magnesium and potassium, as well as vitamins A, B and C.<sup>1,5-9</sup>

**Goldenseal** has traditionally been used for hemorrhagic or bleeding disorders of the uterus and pelvis, including menorrhagia (heavy menstrual bleeding) and bleeding from uterine fibroids. Goldenseal has also been used to treat chronic congestion and discharge from the genitourinary tract, including gonorrhoea (a sexually transmitted disease that affects the mucous membranes of the genital and urinary tracts) and leukorrhea, as well as chronic infections of the oviducts (the tubular tract through which eggs are discharged to the uterus) which can occur in cases of pelvic inflammatory disease—infection of the uterus, fallopian tubes and adjacent pelvic structures, also known as chronic salpingitis. Goldenseal works, in large part, as a mucous membrane tonic to fight infection, soothe inflammation and heal reproductive and urinary tract tissues. Goldenseal stimulates mucosal membrane secretions, which contain immunoglobulin A (IgA) antibodies—IgA is the main mechanism for providing local immunity to protect the body's mucosal surfaces from infection. In animal studies, goldenseal has also been shown to increase the production of immunoglobulin M (IgM), which is usually produced first in an immune response. IgM also triggers the production of immunoglobulin G (IgG), the main antibody defense against bacteria. In addition, goldenseal contains the active ingredient berberine, which has demonstrated effective antibacterial activity in vitro against various bacteria, fungi and protozoa. Goldenseal should not be used during pregnancy due to the uterine stimulant activity of its constituents.<sup>1,2,10-17</sup>

**Marshmallow** is well-known for its ability to soothe inflamed mucous membranes and aid in the healing of minor wounds and abrasions. Marshmallow is also applied topically to soothe inflamed skin conditions. Marshmallow's medicinal use is believed to date back at least 2,000 years, at which time Arabian doctors used poultices made from marshmallow leaves to treat inflammation. Marshmallow's healing effect is due in large part to its mucilage content. Mucilage coats the internal mucosa, protecting them from local irritations and inflammation. According to the German Commission E, marshmallow also stimulates phagocytosis—the ingestion of bacteria or other foreign bodies by phagocytes (a type of white blood cell). Such anti-inflammatory, anti-irritant and immune-stimulant properties support the use of mucilages, like marshmallow, for the treatment of painful conditions of the urinary tract, including cystitis and urethritis.<sup>1,5,6,16,18-21</sup>

**Mullein** is a medicinal plant that has been used for the treatment of various inflammatory diseases affecting mucous membranes. Therapeutic claims for mullein also include its astringent (tissue-tightening) and demulcent (soothing) effects on inflammatory skin conditions and burns. Mullein's healing properties are due, in part, to its mucilage content. In addition, mullein has demonstrated antibacterial activity against *Klebsiella pneumoniae*,

*Staphylococcus aureus*, *Staphylococcus epidermidis* and *Escherichia coli* (which accounts for 80% of adult urinary tract infections). Furthermore, preliminary studies of verbascoside, an iridoid glycoside derived from mullein, suggest that it may have significant antioxidant, anti-inflammatory and antitumor effects. Research shows that verbascoside inhibits 5-lipoxygenase, the enzyme that initiates the formation of inflammatory leukotrienes (substances that sustain inflammatory reactions). Thus, verbascoside may also contribute to mullein's confirmed anti-inflammatory effects.<sup>1,5-7,16,22</sup>

**Plantain** has been used for centuries in nearly all parts of the world for wound-healing, circulatory problems, pain-relief, skin diseases and infections, and treatment of reproductive and urinary ailments, including cystitis. Animal research indicates that plantain provides mild laxative and diuretic actions and can increase the tone of uterine tissue. Various active constituents derived from plantain exhibit anti-inflammatory, antispasmodic, diuretic, laxative and uterotonic activity, thus providing support for many of the historical uses of plantain. A recent study also found that plantain provides some immunoenhancing effects. In addition, the German Commission E reports that plantain provides astringent and antibacterial activity. Furthermore, a preliminary Brazilian study found that plantain significantly inhibited inflammation and relieved pain in animals given an oral extract. Plantain's soothing effect on inflammation and irritation may be due, in part, to its mucilage content. Plantain is not recommended for individuals with a history of intestinal obstruction.<sup>1,5,8,16,19,20,23-28</sup>

**Slippery elm** is most commonly used as a soothing, healing remedy for inflammation and irritation. In fact, slippery elm is considered one of the best mucilaginous plant materials available for making poultices for treating inflammatory skin problems. Slippery elm is also noted for its soothing effect on irritated or inflamed reproductive and urinary tract tissues, as well as for its ability to draw toxins out of the body. The dried inner bark of slippery elm, known as the bast, contains a high amount of mucilage, which gives the herb its soothing effect. The inner bark is also a rich source of calcium, as well as bioflavonoids and vitamin E. In addition, there are a small amount of tannins that naturally occur in slippery elm bark, which may account for its mild astringent activity—astrigent herbs cause shrinkage of mucous membranes or exposed tissues and are often used internally to counter mucous secretions or bleeding, or applied topically to protect the skin and provide relief of minor skin irritations.<sup>1,5-7,21,21,29,30</sup>

**Yellow dock** has been shown in both in vitro and in vivo animal studies to have anti-inflammatory and antiviral effects. Animal studies also indicate some antibacterial activity towards both Gram-positive (*Staphylococcus aureus*, *Mycobacterium smegmatis*) and Gram-negative (*Shigella sonnei*, *Shigella flexneri* and *Escherichia coli*—which accounts for 80% of adult urinary tract infections) organisms. Yellow dock has traditionally been used for the treatment of inflammatory skin diseases, as well as vaginitis (inflammation of the vagina), fibroids, and syphilis—a chronic infectious disease, transmitted either by sexual intercourse or passed from mother to child in utero. Yellow dock is perhaps best known as an alterative (blood cleanser) and mild laxative used for a wide range of problems stemming from excess toxins in the body. In fact, yellow dock is included in Dr. F. Ellingwood's *The American Materia Medica, Therapeutics and Pharmacognosy* as a valuable blood cleanser for ulcerous conditions of the mucous membranes and skin diseases caused by "impure blood." It is important to note that yellow dock's anthraquinone content is most likely responsible for its laxative effects. Therefore, yellow dock should be avoided while nursing, since the anthraquinones may be secreted into the breast milk.<sup>1,5,16,31,32</sup>

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