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# Echinacea Extract

National Cancer Institute

## Source

National Cancer Institute. *Echinacea Extract*. NCI Thesaurus. Code C29026.

An over-the-counter herbal remedy, extracted from North American herb purple coneflower belonging to the Family Asteraceae, with potential immunostimulating and anti-inflammatory activities. Echinacea extract might be helpful to boost the body's immune system and to help fight infections, especially those of the upper respiratory tract. This herbal remedy seems to increase the growth and activity of immune cells, including white blood cells, macrophages and natural killer cells, and to stimulate phagocytosis. Furthermore, echinacoside, one of the components in Echinacea extract, has been shown to inhibit hyaluronidase, whose action increases tissue permeability, thereby Echinacea extract may promote tissue growth for wound healing by preventing bacteria spreading into healthy cells.