

PHYTORELIEF™-CC

Chapter 8 **PHYTORELIEF™-CC IN PREVENTION OF FLU AND COLD: A 4 TO 6 MONTH REGISTRY STUDY**

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The aim of this supplement, registry study was to evaluate the effects of the use of standardized, oral supplement (PhytoRelief™-CC, Alchem). PhytoRelief™-CC includes anti-inflammatory, anti-oxidant and anti-edema natural compounds. Increased salivation produced by curcumin and ginger is useful in the prevention of cold episodes and on signs and symptoms associated to the episodes by increasing saliva and its content in lysozyme.

The main targets of the study were the evaluation of the occurrence of episodes and the reduction of signs/symptoms, the reduction of days of disease, the reduction in the use of other treatments and the evaluation and control of cold-related complications.

Two groups were formed: *standard management* and *standard management + PhytoRelief™-CC*

Table 8.1. Observations in the two groups (PhytoRelief™-CC prevention and standard management).

	PhytoRelief™-CC		Controls
Total subjects	94 (44 females)	98 (45 females)	ns
Age	44.6;3.3	45.3;4	
1. Episodes (>3 days) of cold	13/94 (13.26%)	23/98 23.47%)	p<0.05
2. Total number of subjects with any episode	15/94	26/98	p<0.05
3. Cold episodes (first week)	9/94	16/98	p<0.05
4. Third week cold episodes	5/94	13/98	p<0.05
5. Other parameters			
- Average days per episodes	2.1;1	3.62;1.1	p<0.05
- Lost working days	0.51;0.4	1.23;0.44	p<0.05
6. Use of other OTC product (nasal drops, aspirin, Vitamin C, antihistamines, aerosols)	16/94	28/98	p<0.05
7. Number of complications or extensions after 4 days	3/94	9/98	p<0.05
8. Disease 'extension' (to >7 days with tracheal or bronchial complications)	2/94	5/98	p<0.05

Three gummy tablets per day were used as a prevention in the cold seasons (December to March). The tablets dissolve slowly in the mouth (they include dantabija (*Punica granatum*) 20 mg, haridra (*Curcuma longa*) 50 mg, zingiber officinalis 5 mg); 3-4 tablets/day were used as prevention for 2 weeks. The third week was only observational.

Standard management to prevent flu (if there is any form or prevention) was considered avoiding obvious sources of contamination, washing hands after contacts, using 1 g /day of Vitamin C, a healthy lifestyle, exercise, avoiding – if, when possible - closed spaces with many individuals in winter.

RESULTS

The two resulting registry groups were comparable (Table 8.1). The number of episodes (lasting more than 3 days), the total number of subjects with any episode, the episodes in

the first and in the third week (without prevention) were all in favour of the preventive supplement. The average number of days and the lost working days were inferior with PhytoReliefTM-CC.

Also the use of other OTC products and the number of complications after 4 days were significantly lower with PhytoReliefTM-CC. Finally, the number of subjects with an extension of the diseased condition to more than 7 days with bronchial or tracheal complications was also lower with PhytoReliefTM-CC.

No safety or tolerability problem was observed.

In conclusion this extended preliminary study shows that PhytoReliefTM-CC may prevent some episodes of cold and flu and help (shortening) the evolution of cold if used early, when initial symptoms could be identified.

More specific evaluations and larger prevention studies are in progress.

The extension of the prevention to more than the two weeks of actual administration may indicate a more permanent effect of this supplement on improving local, mucosal (lysozyme) and possibly, even systemic immunity.

References

1. Luzzi R, Belcaro G, Pellegrini L, Cornelli U, Feragalli B, Dugall M. Phyto-relief CC: prevention of cold episodes. Control of signs/symptoms and complications. Minerva Gastroenterol Dietol. 2015 Oct 22. [Epub ahead of print].