

Frequent Fatigue?

Swiss scientists find link between a weak immune system and tiredness

Whether you know it or not, your immune system is being attacked every day: by pollution, toxins, excessive mental stress, lack of sleep, improper diet, temperature extremes, and hectic lifestyle.

One major effect of this onslaught is on your immune system, which can cause occasional fatigue and a loss of energy.

Now scientists in Switzerland have identified a special

Echinacea plant that is unusually rich in immunity-building Alkylamides. Its ability to combat the feeling of tiredness and accompanying lack of energy is the subject of recent research.

“It’s gone, my tiredness is gone,” said one enthusiastic user.

This remarkable “energy pill” is available in the U.S. under the name A. Vogel Echinaforce.