Used in herbal medicine to help relieve benign fungal infections. Used in herbal medicine to help relieve symptoms associated with colds and sore throats.

Pau D’Arco capsules are recommended for relieving symptoms associated with colds and sore throats. The specified dosage is 3 grams of Pau D’Arco per day, with 2 capsules to be taken morning, noon, and night.

**Sore throat** is more of a symptom than an illness itself. It is one of the most common reasons for doctors’ visits. It can be the result of a bacterial infection.

**Colds** are common viral infections of the upper respiratory tract that affect the nose (or nasal cavities, more precisely) and throat. Also known as viral or acute rhinitis, it can cause sore throats, sneezing, congestion, and/or runny nose. Colds weaken the mucosa, which can then be colonized by bacteria. Symptoms appear gradually and can persist for up to 2 weeks.

**Professionnals**

Many of Pau D’Arco’s properties have been reported in the research literature, with a particular focus on its inner bark. Thus numerous studies have demonstrated its anti-microbial, anti-fungal, analgesic, and anti-inflammatory properties. In 2009, M Lee et al. noted a significant decrease in inflammation (30% to 50%) compared with controls using animal models (200 mg/kg).

Pau D’Arco’s antibacterial effect, according to EM Pereira et al., may be due to lapanochone compounds found in *Handroanthus heptaphyllus*. Also, according to F. Melo e Silva (2009), the plant’s anti-fungal properties may due to the plant’s naphthoquinones.
Inner Bark of Handroanthus Heptaphyllus

The Pau d'Arco product from Léo Désilets Maître Herboriste is available in capsule form containing 500 mg of powdered Handroanthus heptaphyllus (or Pau d’Arco) inner bark. The recommended dosage of our product is 2 capsules, 3 times per day, for a total daily dosage of 3 grams. The splitting of the dosage into 500 mg capsules enables the dosage to be conveniently adapted to different needs.

Precautions and warnings

• If you are taking chemotherapeutic (anti-cancer) agents or anti-coagulants, consult a health care practitioner before using.
• Not to be taken with immunosuppressants, risk of suppressing the immune system.
• Not to be taken if you have heart disease, blood coagulation anomalies, or if you are taking anticoagulants.
• Not to be taken during pregnancy.
• Do not exceed the recommended dosage.
• Consult a health care practitioner if symptoms persist or worsen.

Contraindications

• Can cause nausea, vomiting, anemia, and bleeding.
• Hypersensitivity (allergy) has been reported in individuals with allergies to sawdust. If this happens, discontinue treatment.

Medicinal ingredient
Pau d’Arco (inner bark): 500.0 mg

Non-medicinal ingredients
Magnesium stearate, cellulose and gelatin.

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scottstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum.

Our production methods meet the requirements and quality standards of Health Canada’s Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.