

Clinical study confirms: Echinacea can help decrease antibiotic over-use in children

Echinacea can successfully prevent respiratory tract infections and related complications in children, reducing the need for antibiotic use by almost 73%.

Roggwil, Switzerland – May 25, 2018 – Continuing its commitment to helping people maintain and regain their health naturally, A. Vogel Bioforce AG today announced topline results from its clinical study on the preventive administration of Echinacea in children. The largest ever clinical trial on *Echinacea* in Switzerland, conducted between 2016 and 2017, demonstrated that *Echinaforce® Junior tablets*, which contain an extract from a medicinal plant, *Echinacea purpurea*, can successfully prevent respiratory tract infections and related complications, thereby reducing the need for antibiotic use by almost 73%.¹⁾ The full results from the study were presented at the conference of the *Swiss Society of Pediatrics* in Lausanne, Switzerland, on May 24th.

***Echinacea* significantly reduces the root causes of antibiotic prescriptions**

Respiratory tract infections (RTIs) like colds and flu are the most frequent reason for antibiotic prescriptions worldwide.²⁾ Though of viral origin, infections tend to exacerbate into bacterial conditions, associated with pneumonia, sinusitis or bronchitis. Many physicians revert to antibiotics in order to keep those infections at bay. *“The situation in children is especially acute. Today, a vast quantity of antibiotics is still dispensed to children with respiratory tract infections every year. Six to eight RTIs linked with a 30% complication rate lead to 1 or 2 antibiotic prescriptions per child and year on average,”* said pediatrician Dr Mercedes Ogal.

Antibiotic over-use is significantly contributing to the increase in multiresistant bacteria, and the [World Health Organization \(WHO\)](#) strongly recommends a reduction of antibiotic usage to help preserve its effectiveness for human medicine. *“Echinacea will not replace antibiotics, which are a tremendously important substance class for the acute treatment of life-threatening diseases,”* explained Dr Andy Suter, Head of Research and Development at A. Vogel Bioforce AG. *“Nevertheless, with Echinacea we may be able to use this highly valuable medicine less frequently and more specifically in the future.”*

Based on the promising findings from the study, *Echinaforce® Junior* could become an effective and safe alternative to fill the current therapeutic gap.

Clinical study shows that *Echinaforce®* is significantly effective in children

The study on the preventive use of Echinacea is a controlled, randomized, blind, multicentre clinical study designed to evaluate the efficacy and safety of Echinacea to prevent colds and flus as an instrument to reduce secondary complications and, as a result, the need for antibiotics.

Bioforce AG

Grünaustrasse 4 • CH-9325 Roggwil
Telefon +41 (0)71 454 61 61
info@bioforce.ch • www.bioforce.ch



The clinical trial was conducted in Switzerland between 2016 and 2017, involving 203 children aged four to twelve years, and was accompanied by 13 pediatricians. A new tooth-friendly formula was developed especially for the use in children (*Echinaforce® Junior tablets*), which contains an extract from *Echinacea purpurea*. The children received *Echinaforce® Junior tablets* daily over a period of 4 months. The control group received vitamin C. Significantly elevated immune defences were reported in 90% of these children with Echinacea, which resulted in the prevention of 32.5% respiratory tract infections and 67.3% less fever days. A 63.9% reduction of complicated infections with pneumonia, sinusitis or bronchitis and rare antibiotic prescriptions were found with Echinacea (3.9% in comparison to 14.3% with control, $p < 0.05$).

The most relevant finding was the reduced need for antibiotics in children treated with Echinacea. Overall, they spent 31 days on antibiotics in comparison to 111 days in the vitamin C group, which refers to a highly significant 72.7% reduction ($p < 0.001$).

About A. Vogel Bioforce AG

Bioforce AG Switzerland was founded in 1963 by Alfred Vogel in Roggwil, Switzerland. Our mission is to help people maintain or regain health naturally.

A. Vogel Bioforce AG is one of the largest manufacturers of phytopharmaceuticals (herbal medicines) and healthy nutritional products in Switzerland, with a global distribution network in of over 25 countries. In 2017, the Bioforce Group achieved net sales of over CHF 110 million. Together with our partner companies, we employ approximately 500 people worldwide, and our products are sold in over 20 countries.

For more information, please visit <https://www.bioforce.ch/de/>

Media Contact

Clemens Umbricht
Bioforce AG
+41 71 335 66 80
c.umbricht@bioforce.ch

References

- ¹⁾ Ogal M, Klein P, Schoop R. Echinacea for the Prevention of Respiratory Tract Infections in Children 4 – 12 years: A Randomized, Blind and Controlled Study. Société Suisse de Pédiatrie (SSP, Poster), 24th May, Lausanne, Switzerland.
- ²⁾ Nyquist AC, Gonzales R, Steiner JF, Sande MA. Antibiotic prescribing for children with colds, upper respiratory tract infections, and bronchitis. JAMA. 1998;279(11):875-7.