

Complete Antiviral – Ingredient Validation Data Sheet

Product Overview

Complete Antiviral is a comprehensive immune defense formula designed to combat viruses, strengthen the immune system, and support recovery from infection. This herbal blend draws from centuries of traditional use and modern studies to provide targeted support for respiratory health, inflammation, and immune resilience.

Documented Ingredient Validity

Ingredient	Evidence of Efficacy	Source Type
Andrographis	Stimulates immune response and is active against respiratory infections	Ayurveda and TCM; viral and inflammatory condition studies
Olive Leaf	Contains oleuropein; antiviral, antibacterial, and antioxidant	Mediterranean herbal medicine; Phytotherapy Research
Echinacea purpurea Root	Enhances immune response and reduces cold duration	North American herbalism; Cochrane reviews
Elderberry (Sambucus) Fruit	Inhibits viral replication and supports upper respiratory health	European folk medicine; influenza studies
Reishi Mushroom	Adaptogen and immune modulator with antiviral properties	Traditional Chinese Medicine; Journal of Ethnopharmacology
Astragalus Root	Strengthens immune function and energy reserves	Traditional Chinese Medicine; immune modulation research
Holy Basil Leaf	Balances stress and inflammation while supporting immunity	Ayurveda; cortisol and immune studies
Milk Thistle Seed	Protects liver and aids detoxification during immune challenge	Western herbalism; liver detox studies
Oregon Grape Root	Rich in berberine; antimicrobial and liver-supportive	Western herbal traditions; gut and immune support
Licorice Root	Antiviral and adrenal-supportive	TCM and Western herbalism; immune and respiratory research
Skullcap Root	Calms nervous system and supports immune function	Western herbal medicine; nervine and antiviral synergy
Hyssop Leaf Powder	Biblical herb used for respiratory cleansing and immune activation	Biblical and European folk use

Jujube Fruit	Nourishes qi, supports rest and recovery during illness	TCM; adaptogenic and immune-enhancing studies
Ginger Root	Warming, antimicrobial, and immune-supportive	Ayurveda and TCM; clinical trials for respiratory support
Long Pepper	Bioavailability enhancer and respiratory tonic	Ayurveda; traditional absorption-enhancing use