

Oregon Grape Root #### Mechanisms of Action – **Antimicrobial Activity**: The active compound berberine has been shown to inhibit the growth of bacteria, fungi, and viruses, which can help in combating infections causing tonsillitis. – **Interactions with Medications**: Slippery elm can interfere with the absorption of certain medications due to its mucilage content, potentially reducing their effectiveness. – **Anti-inflammatory Effects**: Berberine reduces inflammation by inhibiting inflammatory mediators, which can alleviate swelling and pain in the tonsils. #### Active Constituents – **Berberine**: The primary active constituent responsible for its antimicrobial and anti-inflammatory properties. #### Active Constituents – **Mucilage**: The primary active component that provides a soothing effect on the throat. – **Other Alkaloids**: Oregon grape root also contains other alkaloids that may contribute to its therapeutic effects. ### Slippery Elm #### Mechanisms of Action – **Mucilage Production**: Slippery elm contains mucilage, which forms a gel-like substance when mixed with water. #### Side Effects – **Gastrointestinal Issues**: May cause nausea, diarrhea, or stomach cramps in some individuals.