

Request for Reconsideration after Final Action

The table below presents the data as entered.

Input Field	Entered
SERIAL NUMBER	85886579
LAW OFFICE ASSIGNED	LAW OFFICE 109
MARK SECTION	
MARK FILE NAME	http://tmng-al.uspto.gov/resting2/api/img/85886579/large
LITERAL ELEMENT	INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS
STANDARD CHARACTERS	NO
USPTO-GENERATED IMAGE	NO
ARGUMENT(S)	
<p>In the Office Action dated January 27, 2015, the Examining Attorney made final the Section 2(d) refusal alleging a likelihood of confusion between Applicant's mark INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design and INCA'S FOOD w/Design. Applicant respectfully requests reconsideration and withdrawal of the Section 2(d) refusal.</p> <p><u>No Actual Confusion</u></p> <p>Although a Statement of Use has not yet been filed, Applicant has been actively marketing and selling its purple corn tea product under the presently pending design trademark application for over a year and a half. In that time, not a single instance of confusion has arisen based on Applicant's mark and the cited registrant's mark.</p> <p>Furthermore, Applicant has expanded its business and sells its purple corn tea in grocery stores, through its website, and at international airports. Thus, the mark is exposed to a significant number of people, and not a single instance of confusion has arisen as stated above.</p> <p><u>Applicant's Family of Marks—Consistent Examination is Essential</u></p> <p>In addition to the subject mark, Applicant owns several other INCA formative marks which have already been approved and published, but remain pending in the U.S. Patent and Trademark Office. TESS copies of the previously published applications are attached under Exhibit A and include: INCA TEA CAFE · CLE w/Design, subject of Serial No. 86457242, for restaurant services. This mark looks very similar to the presently pending mark in that it contains concentric circles with the words INCA</p>	

TEA at the top and the Peruvian Mountains in the background. This mark is very similar to Applicant's pending mark in sound and appearance, and has already been allowed. It is respectfully submitted that the Examining Attorney should act consistently with the INCA TEA CAFE · CLE w/Design mark and approve the presently pending mark for publication.

Applicant also owns Application No. 86457184 for the mark INCA POP for popcorn, which published on January 20, 2015. Here, again, Applicant's mark is comprised of purple corn, and INCA POP consists of popcorn—both highly related in that they contain corn as a featured ingredient. It is respectfully requested that the Examining Attorney here act consistently with the INCA POP application and approve this INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design mark for publication.

Applicant also owns Serial No. 86457218 for the mark INCAN MEAL covering grain-based natural meal replacement bars. This mark published for opposition on April 7, 2015, and the goods are closely related to the subject INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design mark in that they can be consumed together, i.e., you can drink Applicant's purple corn tea and with its meal bars.

Since Applicant's other three marks listed above can be approved in light of INCA'S FOOD, then certainly the pending mark here should likewise be approved. The only similarities between the present mark and the cited mark is the word "INCA" which, as previously argued, is a commonly used term and suggestive of the origin of Applicant's purple corn tea.

Again, Applicant submits that the subject application should be treated consistently with the other pending application, which were approved for publication, published, and no oppositions were raised.

The Goods Are Distinctly Different

Applicant has amended its identification of goods to clarify that its teas and tea blends are comprised of purple corn. The cited registrant's goods consist of teas, namely, linden and chamomile.

Purple corn is quite unique as it grows only in Peru in the Peruvian Andes. Health benefits achieved from purple corn are tremendous. Purple corn itself has been dubbed a super food. Purple corn contains a variety of phytonutrients which include phenolics and anthocyanins. Anthocyanins provide anti-inflammatory effects and are said to promote connective tissue regeneration. They are also powerful antioxidants which help prevent disease, improve blood circulation and reduce cholesterol. Indeed, many studies have been done which promote the benefits of purple corn. See, for example, the attached articles about Purple Corn (Exhibit B).

All of Applicant's tea products contain purple corn as set forth in the statement of goods. Thus, Applicant's teas are derived from the purple corn plant itself which, as said above, grows in Peru.

The only items contained in the cited registration, which the Examining Attorney cited, consist of linden and chamomile teas. Both linden and chamomile teas derive from flowers—not purple corn. As noted in the attached article of Exhibit C: chamomile is an herb that comes from a flowering plant from the daisy family. Linden tea is likewise made from the flowers, namely, flowers of the linden tree. See the articles of Exhibit D.

Neither linden nor chamomile, both of which are flowers, compare with purple corn, a vegetable. Thus, the products are entirely different.

The Marks Have Different Connotations

The cited mark is INCA'S FOOD and includes the stylized lettering for INCA'S FOOD, which is underlined, along with an image of an upper portion of a Tumi, which is a ceremonial knife of the pre-Incan cultures of Peru. Inca is defined as a ruler or member of the royal family in the Inca Empire. Thus, the mark INCA'S FOOD, coupled with the Tumi design, suggests that the food is fit for royalty. The linden and chamomile teas offered under the INCA'S FOOD mark are the same as would be imbibed upon by a ruler of the Incan people. The mark is possessive, thus, intimating that the food belongs to the royal Inca, i.e., INCA'S FOOD.

As discussed above, Applicant's goods are made from purple corn which grows in Peru. As a result, the mark itself suggests that the purple corn product is rich in the history of the Peruvian people and may have been enjoyed by members of dominant groups of South American Indian peoples who established an empire in Peru prior to the Spanish Conquest. Thus, the INCA portion of Applicant's mark, when associated with purple corn tea, gives the impression that the tea itself may have been drunk by certain groups of people in history.

Applicant's mark contains distinctive details (mountains, concentric circles, a ribbon, the words "ORIGINAL 100% ALL NATURAL INGREDIENTS"). When respective marks are compared in their entireties, there is no likelihood of confusion—the only common word, INCA, is weak and not enough to cause confusion.

INCA is a Weak Trademark Formative

As previously pointed out, there are numerous INCA formative marks in the food and beverage category, which consist of goods and services closely related to tea. There are several INCA marks for teas that were in force in the past simultaneously with the INCA'S FOOD mark. The Examining Attorney attempted to distinguish the Class 5 third party marks by arguing that the cited registration is the only live registration for non-medicated teas. However, the cited registrant's linden and chamomile teas likewise contain medical benefits. See Exhibits E and F for articles touting the medical benefits of chamomile and linden. Accordingly, the cited teas could have potentially been registered in either class—thus the existence of third party INCA formative marks for tea in Class 5 supports the weakness of the formative.

Moreover, as discussed above, Applicant owns other INCA formative marks which have been approved, including marks for popcorn, energy bars, and restaurant services, all bearing the INCA formative designation. The present application for INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design should be treated in the same manner and approved for registration. People are accustomed to seeing INCA formatives in a wide variety of goods and services, including those of Applicant, and the marks INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design and INCA'S FOOD w/Design are not confusingly similar. Also, the goods at issue (purple corn tea vs. linden and chamomile tea) are entirely different, offer different benefits, tastes, and origins.

For these reasons, it is respectfully requested that the Examining Attorney reconsider and withdraw the Section 2(d) likelihood of confusion refusal and approve the mark for publication. Early notice to that effect is solicited.

EVIDENCE SECTION

EVIDENCE FILE NAME(S)	
ORIGINAL PDF FILE	evi_3867194146-20150727121230280554_._FLOR500004_ExhibitsA-F.pdf
CONVERTED PDF FILE(S) (25 pages)	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0002.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0003.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0004.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0005.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0006.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0007.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0008.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0009.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0010.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0011.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0012.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0013.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0014.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0015.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0016.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0017.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0018.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0019.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0020.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0021.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0022.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0023.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0024.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0025.JPG
	\\TICRS\EXPORT16\IMAGEOUT16\858\865\85886579\xml16\RFR0026.JPG
DESCRIPTION OF EVIDENCE FILE	Exhibits A-F

GOODS AND/OR SERVICES SECTION (current)	
INTERNATIONAL CLASS	030
DESCRIPTION	
Teas; teas comprised of purple corn; tea blends comprised of purple corn	
FILING BASIS	Section 1(b)
GOODS AND/OR SERVICES SECTION (proposed)	
INTERNATIONAL CLASS	030
TRACKED TEXT DESCRIPTION	
Teas ; Teas comprised of purple corn; tea blends comprised of purple corn	
FINAL DESCRIPTION	
Teas comprised of purple corn; tea blends comprised of purple corn	
FILING BASIS	Section 1(b)
SIGNATURE SECTION	
RESPONSE SIGNATURE	/sandramkoenig/
SIGNATORY'S NAME	Sandra M. Koenig
SIGNATORY'S POSITION	Attorney of record, Ohio bar member
SIGNATORY'S PHONE NUMBER	216-363-9000
DATE SIGNED	07/27/2015
AUTHORIZED SIGNATORY	YES
CONCURRENT APPEAL NOTICE FILED	YES
FILING INFORMATION SECTION	
SUBMIT DATE	Mon Jul 27 12:20:18 EDT 2015
TEAS STAMP	USPTO/RFR-38.67.194.146-2 0150727122018725640-85886 579-540edca9a5f76fff671df a51e26b8d794ff072a562e485 e19516d2b615c8bd5540-N/A- N/A-20150727121230280554

Request for Reconsideration after Final Action
To the Commissioner for Trademarks:

Application serial no. **85886579** INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS (Stylized and/or with Design, see <http://tmng-al.uspto.gov/resting2/api/img/85886579/large>) has been amended as follows:

ARGUMENT(S)

In response to the substantive refusal(s), please note the following:

In the Office Action dated January 27, 2015, the Examining Attorney made final the Section 2(d) refusal alleging a likelihood of confusion between Applicant's mark INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design and INCA'S FOOD w/Design. Applicant respectfully requests reconsideration and withdrawal of the Section 2(d) refusal.

No Actual Confusion

Although a Statement of Use has not yet been filed, Applicant has been actively marketing and selling its purple corn tea product under the presently pending design trademark application for over a year and a half. In that time, not a single instance of confusion has arisen based on Applicant's mark and the cited registrant's mark.

Furthermore, Applicant has expanded its business and sells its purple corn tea in grocery stores, through its website, and at international airports. Thus, the mark is exposed to a significant number of people, and not a single instance of confusion has arisen as stated above.

Applicant's Family of Marks—Consistent Examination is Essential

In addition to the subject mark, Applicant owns several other INCA formative marks which have already been approved and published, but remain pending in the U.S. Patent and Trademark Office. TESS copies of the previously published applications are attached under Exhibit A and include: INCA TEA CAFE · CLE w/Design, subject of Serial No. 86457242, for restaurant services. This mark looks very similar to the presently pending mark in that it contains concentric circles with the words INCA TEA at the top and the Peruvian Mountains in the background. This mark is very similar to Applicant's pending mark in sound and appearance, and has already been allowed. It is respectfully submitted that the Examining Attorney should act consistently with the INCA TEA CAFE · CLE w/Design mark and approve the presently pending mark for publication.

Applicant also owns Application No. 86457184 for the mark INCA POP for popcorn, which published on January 20, 2015. Here, again, Applicant's mark is comprised of purple corn, and INCA POP consists of popcorn—both highly related in that they contain corn as a featured ingredient. It is respectfully requested that the Examining Attorney here act consistently with the INCA POP application and approve this INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design mark for publication.

Applicant also owns Serial No. 86457218 for the mark INCAN MEAL covering grain-based natural meal replacement bars. This mark published for opposition on April 7, 2015, and the goods are closely related to the subject INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design mark in that they can be consumed together, i.e., you can drink Applicant's purple corn tea and with its meal bars.

Since Applicant's other three marks listed above can be approved in light of INCA'S FOOD, then certainly the pending mark here should likewise be approved. The only similarities between the present mark and the cited mark is the word "INCA" which, as previously argued, is a commonly used term and suggestive of the origin of Applicant's purple corn tea.

Again, Applicant submits that the subject application should be treated consistently with the other pending application, which were approved for publication, published, and no oppositions were raised.

The Goods Are Distinctly Different

Applicant has amended its identification of goods to clarify that its teas and tea blends are comprised of purple corn. The cited registrant's goods consist of teas, namely, linden and chamomile.

Purple corn is quite unique as it grows only in Peru in the Peruvian Andes. Health benefits achieved from purple corn are tremendous. Purple corn itself has been dubbed a super food. Purple corn contains a variety of phytonutrients which include phenolics and anthocyanins. Anthocyanins provide anti-inflammatory effects and are said to promote connective tissue regeneration. They are also powerful antioxidants which help prevent disease, improve blood circulation and reduce cholesterol. Indeed, many studies have been done which promote the benefits of purple corn. See, for example, the attached articles about Purple Corn (Exhibit B).

All of Applicant's tea products contain purple corn as set forth in the statement of goods. Thus, Applicant's teas are derived from the purple corn plant itself which, as said above, grows in Peru.

The only items contained in the cited registration, which the Examining Attorney cited, consist of linden and chamomile teas. Both linden and chamomile teas derive from flowers—not purple corn. As noted in the attached article of Exhibit C: chamomile is an herb that comes from a flowering plant from the daisy family. Linden tea is likewise made from the flowers, namely, flowers of the linden tree. See the articles of Exhibit D.

Neither linden nor chamomile, both of which are flowers, compare with purple corn, a vegetable. Thus, the products are entirely different.

The Marks Have Different Connotations

The cited mark is INCA'S FOOD and includes the stylized lettering for INCA'S FOOD, which is underlined, along with an image of an upper portion of a Tumi, which is a ceremonial knife of the pre-Incan cultures of Peru. Inca is defined as a ruler or member of the royal family in the Inca Empire. Thus, the mark INCA'S FOOD, coupled with the Tumi design, suggests that the food is fit for royalty. The linden and chamomile teas offered under the INCA'S FOOD mark are the same as would be imbibed upon by a ruler of the Incan people. The mark is possessive, thus, intimating that the food belongs to the royal Inca, i.e., INCA'S FOOD.

As discussed above, Applicant's goods are made from purple corn which grows in Peru. As a result, the

mark itself suggests that the purple corn product is rich in the history of the Peruvian people and may have been enjoyed by members of dominant groups of South American Indian peoples who established an empire in Peru prior to the Spanish Conquest. Thus, the INCA portion of Applicant's mark, when associated with purple corn tea, gives the impression that the tea itself may have been drunk by certain groups of people in history.

Applicant's mark contains distinctive details (mountains, concentric circles, a ribbon, the words "ORIGINAL 100% ALL NATURAL INGREDIENTS"). When respective marks are compared in their entireties, there is no likelihood of confusion—the only common word, INCA, is weak and not enough to cause confusion.

INCA is a Weak Trademark Formative

As previously pointed out, there are numerous INCA formative marks in the food and beverage category, which consist of goods and services closely related to tea. There are several INCA marks for teas that were in force in the past simultaneously with the INCA'S FOOD mark. The Examining Attorney attempted to distinguish the Class 5 third party marks by arguing that the cited registration is the only live registration for non-medicated teas. However, the cited registrant's linden and chamomile teas likewise contain medical benefits. See Exhibits E and F for articles touting the medical benefits of chamomile and linden. Accordingly, the cited teas could have potentially been registered in either class—thus the existence of third party INCA formative marks for tea in Class 5 supports the weakness of the formative.

Moreover, as discussed above, Applicant owns other INCA formative marks which have been approved, including marks for popcorn, energy bars, and restaurant services, all bearing the INCA formative designation. The present application for INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design should be treated in the same manner and approved for registration. People are accustomed to seeing INCA formatives in a wide variety of goods and services, including those of Applicant, and the marks INCA TEA ORIGINAL 100% ALL NATURAL INGREDIENTS w/Design and INCA'S FOOD w/Design are not confusingly similar. Also, the goods at issue (purple corn tea vs. linden and chamomile tea) are entirely different, offer different benefits, tastes, and origins.

For these reasons, it is respectfully requested that the Examining Attorney reconsider and withdraw the Section 2(d) likelihood of confusion refusal and approve the mark for publication. Early notice to that effect is solicited.

EVIDENCE

Evidence in the nature of Exhibits A-F has been attached.

Original PDF file:

[evi_3867194146-20150727121230280554_.FLOR500004_ExhibitsA-F.pdf](#)

Converted PDF file(s) (25 pages)

[Evidence-1](#)

[Evidence-2](#)

[Evidence-3](#)

[Evidence-4](#)

[Evidence-5](#)

[Evidence-6](#)

[Evidence-7](#)
[Evidence-8](#)
[Evidence-9](#)
[Evidence-10](#)
[Evidence-11](#)
[Evidence-12](#)
[Evidence-13](#)
[Evidence-14](#)
[Evidence-15](#)
[Evidence-16](#)
[Evidence-17](#)
[Evidence-18](#)
[Evidence-19](#)
[Evidence-20](#)
[Evidence-21](#)
[Evidence-22](#)
[Evidence-23](#)
[Evidence-24](#)
[Evidence-25](#)

CLASSIFICATION AND LISTING OF GOODS/SERVICES

Applicant proposes to amend the following class of goods/services in the application:

Current: Class 030 for Teas; teas comprised of purple corn; tea blends comprised of purple corn

Original Filing Basis:

Filing Basis: Section 1(b), Intent to Use: *For a trademark or service mark application:* As of the application filing date, the applicant had a bona fide intention, and was entitled, to use the mark in commerce on or in connection with the identified goods/services in the application. ***For a collective trademark, collective service mark, or collective membership mark application:*** As of the application filing date, the applicant had a bona fide intention, and was entitled, to exercise legitimate control over the use of the mark in commerce by members on or in connection with the identified goods/services/collective membership organization. ***For a certification mark application:*** As of the application filing date, the applicant had a bona fide intention, and was entitled, to exercise legitimate control over the use of the mark in commerce by authorized users in connection with the identified goods/services, and the applicant will not engage in the production or marketing of the goods/services to which the mark is applied, except to advertise or promote recognition of the certification program or of the goods/services that meet the certification standards of the applicant.

Proposed:

Tracked Text Description: **Teas;** Teas comprised of purple corn; tea blends comprised of purple corn

Class 030 for Teas comprised of purple corn; tea blends comprised of purple corn

Filing Basis: Section 1(b), Intent to Use: *For a trademark or service mark application:* As of the application filing date, the applicant had a bona fide intention, and was entitled, to use the mark in commerce on or in connection with the identified goods/services in the application. ***For a collective trademark, collective service mark, or collective membership mark application:*** As of the application filing date, the applicant had a bona fide intention, and was entitled, to exercise legitimate control over the use of the mark in commerce by members on or in connection with the identified goods/services/collective membership organization. ***For a certification mark application:*** As of the application filing date, the

applicant had a bona fide intention, and was entitled, to exercise legitimate control over the use of the mark in commerce by authorized users in connection with the identified goods/services, and the applicant will not engage in the production or marketing of the goods/services to which the mark is applied, except to advertise or promote recognition of the certification program or of the goods/services that meet the certification standards of the applicant.

SIGNATURE(S)

Request for Reconsideration Signature

Signature: /sandramkoenig/ Date: 07/27/2015

Signatory's Name: Sandra M. Koenig

Signatory's Position: Attorney of record, Ohio bar member

Signatory's Phone Number: 216-363-9000

The signatory has confirmed that he/she is an attorney who is a member in good standing of the bar of the highest court of a U.S. state, which includes the District of Columbia, Puerto Rico, and other federal territories and possessions; and he/she is currently the owner's/holder's attorney or an associate thereof; and to the best of his/her knowledge, if prior to his/her appointment another U.S. attorney or a Canadian attorney/agent not currently associated with his/her company/firm previously represented the owner/holder in this matter: (1) the owner/holder has filed or is concurrently filing a signed revocation of or substitute power of attorney with the USPTO; (2) the USPTO has granted the request of the prior representative to withdraw; (3) the owner/holder has filed a power of attorney appointing him/her in this matter; or (4) the owner's/holder's appointed U.S. attorney or Canadian attorney/agent has filed a power of attorney appointing him/her as an associate attorney in this matter.

The applicant is filing a Notice of Appeal in conjunction with this Request for Reconsideration.

Serial Number: 85886579

Internet Transmission Date: Mon Jul 27 12:20:18 EDT 2015

TEAS Stamp: USPTO/RFR-38.67.194.146-2015072712201872

5640-85886579-540edca9a5f76fff671dfa51e2

6b8d794ff072a562e485e19516d2b615c8bd5540

-N/A-N/A-20150727121230280554

EXHIBIT A



United States Patent and Trademark Office

Home | Site Index | Search | FAQ | Glossary | Guides | Contacts | eBusiness | eBiz alerts | News | Help

Trademarks > Trademark Electronic Search System (TESS)

TESS was last updated on Mon Jul 27 03:22:42 EDT 2015

- [TESS HOME](#)
- [NEW USER](#)
- [STRUCTURED](#)
- [FREE FORM](#)
- [BROWSE DICT](#)
- [SEARCH OG](#)
- [BOTTOM](#)
- [HELP](#)
- [PREV LIST](#)
- [CURR LIST](#)
- [NEXT LIST](#)
- [FIRST DOC](#)
- [PREV DOC](#)
- [NEXT DOC](#)
- [LAST DOC](#)

Please logout when you are done to release system resources allocated for you.

List At: OR to record: **Record 1 out of 5**

(Use the "Back" button of the Internet Browser to return to TESS)



Word Mark INCA TEA CAFE · CLE

Goods and Services IC 043. US 100 101. G & S: Restaurant services

Mark Drawing Code (3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

Design Search Code 06.01.04 - Mountains (landscapes); Scenery with mountains
18.09.01 - Airplanes; Gliders, airplane
26.01.03 - Circles, incomplete (more than semi-circles); Incomplete circles (more than semi-circles)
26.01.17 - Circles, two concentric; Concentric circles, two; Two concentric circles
26.01.20 - Circles within a circle

Serial Number 86457242

Filing Date November 18, 2014

Current Basis 1B

Original Filing Basis 1B

Published for Opposition May 19, 2015

Owner (APPLICANT) Inca Tea, LLC LIMITED LIABILITY COMPANY OHIO 6462 State Road, Suite O-19 Parma OHIO 44134

Attorney of Record Sandra M. Koenig

Disclaimer NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "TEA", "CAFE" AND "CLE" APART FROM THE MARK AS SHOWN

Description of Mark Color is not claimed as a feature of the mark. The mark consists of three concentric arcs with the words "INCA TEA" between two of the arcs along with 7 dots on each side of the words; the words "CAFE" and "CLE" in script letters appear below the arc with a dot in between, and in the center of the arcs is an image of a mountain and a forward facing airplane with the wings expanding horizontally beyond the arcs.

Type of Mark SERVICE MARK

Register PRINCIPAL

Live/Dead Indicator LIVE

- [TESS HOME](#)
- [NEW USER](#)
- [STRUCTURED](#)
- [FREE FORM](#)
- [BROWSE DICT](#)
- [SEARCH OG](#)
- [TOP](#)
- [HELP](#)
- [PREV LIST](#)
- [CURR LIST](#)
- [NEXT LIST](#)
- [FIRST DOC](#)
- [PREV DOC](#)
- [NEXT DOC](#)
- [LAST DOC](#)



United States Patent and Trademark Office

[Home](#) | [Site Index](#) | [Search](#) | [FAQ](#) | [Glossary](#) | [Guides](#) | [Contacts](#) | [eBusiness](#) | [eBiz alerts](#) | [News](#) | [Help](#)

Trademarks > Trademark Electronic Search System (TESS)

TESS was last updated on Mon Jul 27 03:22:42 EDT 2015

[TESS HOME](#) | [NEW USER](#) | [STRUCTURED](#) | [FREE FORM](#) | [BROWSE DICT](#) | [SEARCH OG](#) | [BOTTOM](#) | [HELP](#) | [PREV LIST](#) | [CURR LIST](#)
[NEXT LIST](#) | [FIRST DOC](#) | [PREV DOC](#) | [NEXT DOC](#) | [LAST DOC](#)

Please logout when you are done to release system resources allocated for you.

List At: OR to record: **Record 3 out of 5**

[TSDR](#) | [ASSIGN Status](#) | [TTAB Status](#) (Use the "Back" button of the Internet Browser to return to TESS)

INCA POP

Word Mark	INCA POP
Goods and Services	IC 030. US 046. G & S: Popcorn
Standard Characters Claimed	
Mark Drawing Code	(4) STANDARD CHARACTER MARK
Serial Number	86457184
Filing Date	November 18, 2014
Current Basis	1B
Original Filing Basis	1B
Published for Opposition	January 20, 2015
Owner	(APPLICANT) Inca Tea, LLC LIMITED LIABILITY COMPANY OHIO 6462 State Road, Suite O-19 Parma OHIO 44134
Attorney of Record	Sandra M. Koenig
Type of Mark	TRADEMARK
Register	PRINCIPAL
Live/Dead Indicator	LIVE

[TESS HOME](#) | [NEW USER](#) | [STRUCTURED](#) | [FREE FORM](#) | [BROWSE DICT](#) | [SEARCH OG](#) | [TOP](#) | [HELP](#) | [PREV LIST](#) | [CURR LIST](#)
[NEXT LIST](#) | [FIRST DOC](#) | [PREV DOC](#) | [NEXT DOC](#) | [LAST DOC](#)



United States Patent and Trademark Office

[Home](#) | [Site Index](#) | [Search](#) | [FAQ](#) | [Glossary](#) | [Guides](#) | [Contacts](#) | [eBusiness](#) | [eBiz alerts](#) | [News](#) | [Help](#)

Trademarks > Trademark Electronic Search System (TESS)

TESS was last updated on Mon Jul 27 03:22:42 EDT 2015

[TESS HOME](#) | [NEW USER](#) | [STRUCTURED](#) | [FREE FORM](#) | [BROWSE DICT](#) | [SEARCH OG](#) | [BOTTOM](#) | [HELP](#) | [PREV LIST](#) | [CURR LIST](#)
[NEXT LIST](#) | [FIRST DOC](#) | [PREV DOC](#) | [NEXT DOC](#) | [LAST DOC](#)

Please logout when you are done to release system resources allocated for you.

List At: OR to record: **Record 2 out of 5**

[TSDR](#) | [ASSIGN Status](#) | [TTAB Status](#) (Use the "Back" button of the Internet Browser to return to TESS)

INCAN MEAL

Word Mark	INCAN MEAL
Goods and Services	IC 030. US 046. G & S: Grain-based natural meal replacement bars
Standard Characters Claimed	
Mark Drawing Code	(4) STANDARD CHARACTER MARK
Serial Number	86457218
Filing Date	November 18, 2014
Current Basis	1B
Original Filing Basis	1B
Published for Opposition	April 7, 2015
Owner	(APPLICANT) Inca Tea, LLC LIMITED LIABILITY COMPANY OHIO 6462 State Road, Suite O-19 Parma OHIO 44134
Attorney of Record	Sandra M. Koenig
Disclaimer	NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "MEAL" APART FROM THE MARK AS SHOWN
Type of Mark	TRADEMARK
Register	PRINCIPAL
Live/Dead Indicator	LIVE

[TESS HOME](#) | [NEW USER](#) | [STRUCTURED](#) | [FREE FORM](#) | [BROWSE DICT](#) | [SEARCH OG](#) | [TOP](#) | [HELP](#) | [PREV LIST](#) | [CURR LIST](#)
[NEXT LIST](#) | [FIRST DOC](#) | [PREV DOC](#) | [NEXT DOC](#) | [LAST DOC](#)

EXHIBIT B

Natural News

Natural Health News & Self-Reliance



FREE GIFTS
FREE EMAIL NEWS
 Get breaking news and articles delivered each weekday straight to your inbox.
 SUBSCRIBE NOW

ARTICLES BLOGS LABS SCIENCE REFERENCE REPORTS VIDEOS RADIO INFOGRAPHICS MUSIC CARTOONS LIBRARY RSS STORE

BREAKING NOW: Same university given \$600K to study right-wing extremism on social media shipped me a weapon of mass destruction...



The Healing Properties of Purple Corn

Thursday, August 07, 2008 by: Sheryl Walters
Tags: phytonutrients, health news, Natural News

3 Worst Foods for Thyroid

The One Thing You Should Be Eating For Your Thyroid Every Morning.



Most Viewed Articles

Today | Week | Month | Year

BREAKING: Certain medications cause people to commit murders

Opinion: Joe Biden's son Beau was killed by chemotherapy and glyphosate

Joint Pain - What causes it and how to stop it naturally

Collecting rainwater now illegal in many states as Big Government claims ownership over our water

Watercress kills cancer cells and offers potent cancer protection

DIY solutions for natural pest control to allow your garden to flourish

SCIENCE SHOCK: Same university given \$600K to study right-wing extremism on social media shipped me a weapon of mass destruction that could be used to poison the water supply of any major U.S. city

GoodGopher is the new search engine for truth seekers - June update

What to do before vaccination to mitigate risk

Whooping cough cases rise in U.S thanks to failed vaccine science

How to preserve foods using sun-drying techniques

International doctors call for immediate ban on cancer-causing glyphosate herbicide

Learn these simple tips for preventing cancer naturally

Gas buildup under Fukushima threatens hydrogen explosion, warn nuclear officials.

Free-range backyard chickens seem immune to the massive bird flu outbreak in chicken factories

Rich pharma executive sociopath gets 18 years for killing her son in cold blood and happily watching him suffer

(NaturalNews) Purple corn is a Peruvian super food cultivated in coastal areas, as well as in mountains of almost ten thousand feet. There are very few purple plants found in nature, and so for people who are looking to eat a true rainbow diet, purple corn extract is a fantastic addition.

Packed with Phytonutrients and Antioxidants

Purple corn contains a variety of phytonutrients (plant nutrients) including massive amounts of phenolics and anthocyanins. Research shows that crops with the highest phenolic and anthocyanin content also have the highest antioxidant activity.

Anthocyaninins are a type of complex flavonoid that produces blue, purple or red colors. Anthocyaninins are anti-inflammatory and encourage connective tissue regeneration. As well as being powerful antioxidants that keep us looking young and protected from disease, they promote blood flow and reduce cholesterol.

It appears that anthocyaninins may stabilize and protect capillaries and blood vessels from free radical damage, and they have been shown to promote collagen formation (which is great for our skin) and improve circulation.

Purple Corn has a higher antioxidant capacity than blueberries, making it one of the most exciting new super foods of our time. And speaking of exciting, there is an ancient Hopi prophecy that says when purple corn comes to the West, that is a sign that great changes are happening on the planet.

Purple Corn Studies and Benefits

Studies show that a diet rich in polyphenolic compounds is associated with reduced risk of

616 9 3 104
 Tweet +1 Save

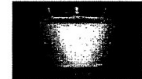
share on diaspora What is diaspora?
 PRINT EMAIL SHARE

ONLY Goodness INSIDE
 The best deodorant on earth
 Smell great and detoxify the body

NATURAL SCIENCE

BUY NOW

7 "Health" foods DESTROYING your body (avoid)



1 Fruit That Kills Diabetes



FREE!
 1 bag of apricot seeds
 www.apricotseeds.com

THIS "FORBIDDEN" FOOD

Super-Charges YOUR BRAIN

Free report
8 Superfoods to Rebuild your body.

Click here!

Boost Thyroid & Metabolism!
 Thyroid Help
 Save 20% off!

Advertise with N

Freedom Act head fake: The NSA has not stopped spying on Americans&

Dairy industry lobbyists were authors of Idaho's gag law that criminalizes photographing dairy industry abuse of animals

Popular on Facebook

- 407K CDC issues flu vaccine apology: This year's vaccine doesn't work!
- 62K Depopulation test run? 75% of children who received vaccines in Mexican town now dead or hospitalized
- 61K Biologist explains how marijuana causes tumor cells to commit suicide
- 58K Companies begin planting microchips under employees' skin
- 57K BAM! Chipotle goes 100% non-GMO; flaily rejecting the biotech industry and its toxic food ingredients
- 50K U2's Bono partners with Monsanto to destroy African agriculture with GMOs
- 49K NJ cops bust teenagers shoveling snow without a permit
- 44K Russia throws down the gauntlet: energy supply to Europe cut off; petrodollar abandoned as currency war escalates
- 43K McDonald's in global profit free fall as people everywhere increasingly reject chemically-altered toxic fast food
- 42K March Against Monsanto explodes globally... World citizens stage massive protests across 38 countries, 428 cities... mainstream media pretends it never happened
- 41K Chemotherapy kills cancer patients faster than no treatment at all
- 35K Why flu shots are the greatest medical fraud in history
- 35K 800 strains of an aerosolized thought control vaccine already tested on humans; deployed via air, food and water
- 33K Italian court rules mercury and aluminum in vaccines cause autism; US media continues total blackout of medical truth
- 32K The 21 curious questions we're never allowed to ask about vaccines

Vicious attack on Dr. Oz actually

developing cardiovascular disease and certain cancers. Recent research in both animals and humans have shown that increasing polyphenol intake can:

- * Protect against atherosclerosis
- * Lowers blood pressure,
- * Reduces blood clots
- * Elevates antioxidant capacity of the blood

A study by Tsuda et al in 2003 revealed the effects of purple corn on obesity and diabetes. Two groups consumed a diet rich in fats for 12 weeks, but one of the groups also received purple corn pigments. The group consuming the purple corn:

- * Didn't gain any weight
- * Didn't suffer hypertrophy in the adiposities of the fat tissues
- * Didn't show hyperglycemia (low blood sugar), hyperinsulinemia (too much insulin in the blood, which is the beginning of diabetes), or hyperleptinemia (increased serum leptin levels, which is another marker for diabetes).

In comparison, the group that didn't receive the extract and ate only a fat rich diet, showed an increase in all of those areas, thus showing the incredible benefits for fighting obesity and diabetes.

A Japanese study at Nagoya University showed that the pigment in purple corn impedes the development of cancer in the colon.

A sample group received food mixed with a natural carcinogenic substance which is found in the charred parts of roasted meat and fish, and another group also received 5% pigment of purple corn. In the group that was fed the cancer causing substance, 85% developed colon cancer, compared with only 40% that also received the pigment.

As colon cancer is one of the most deadly forms of cancer, adding some purple corn to the diet is a pretty good idea!

There are also some people who claim that purple corn can help us open our third eye chakra, since its color is purple. The third eye chakra is responsible for increased intuition, and opening up to spiritual truths.

About the author

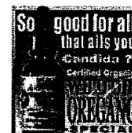
Sheryl is a kinesiologist, nutritionist and holistic practitioner. Her website www.younglivingguide.com provides the latest research on preventing disease, looking naturally gorgeous, and feeling emotionally and physically fabulous. You can also find some of the most powerful super foods on the planet including raw chocolate, purple corn, and many others.

Why your doctors won't tell you [about this Diabetes Breakthrough...](#)

Do you have the



Support NaturalN



Moles?



How to Reverse



DIABETES?



1 Fruit That Kills Diabetes



Advertise with N



Secret Discoveries of Bi



Register for eNewsletter
GO Enter Your Email

[Join/Renew](#) | [Login](#)

[News](#) | [Herbal Library](#) | [Programs & Services](#) | [Support ABC](#) | [Related Links](#) | [Shop](#) | [About Us](#) | [Members](#)

HerbalGram

The Journal of the American Botanical Council
[Current Issue](#) | [Issues](#) | [Departments](#) | [Authors](#) | [Free Samples](#)
[Advertise](#) | [Submit Articles](#) | [Order Issues](#) | [Reprint Articles](#)

Issue: 65 Page: 46-49

The Potential Health Benefits of Purple Corn

by Kenneth Jones

HerbalGram, 2005; 65:46-49 American Botanical Council

Search ABC
Search
Advanced Search

[How to Use ABC Site](#)

ABC Resources

[ABC Clinical Guide](#)
[Adulterants Program](#)
[Commission E](#)
[Expanded E](#)
[Healthy Ingredients](#)
[HerbalEGram](#)
[HerbalGram](#)
[HerbClip](#)
[HerbMedPro](#)
[Monographs](#)
[Virtual Garden](#)

Get Involved

[Join/Renew](#)
[Donate](#)
[Adopt-an-Herb](#)
[Send an E-Card](#)
[Volunteer](#)
[Calendar](#)
[Press Kit](#)
[Advertising](#)

[Facebook](#)
[Twitter](#)
[Youtube](#)

Purple corn is fast approaching classification as a functional food—an integral component of the diet that provides energy and essential nutrients. Researchers in the fields of food and nutrition are intensely searching for functional foods in almost every corner of the world and from a diversity of plants. Examples include purple corn (*Zea mays* L., Poaceae), green tea (*Camellia sinensis* [L.] Kuntze, Theaceae), soy isoflavones (*Glycine max* [L.] Merr., Fabaceae), various nuts, plus various other natural substances in the human diet containing antioxidant and other substances with alleged or proven potential disease-preventive properties.

Purple corn (frequently referred to as blue corn) is botanically the same species as regular table corn. Yet by a twist of nature, this corn produces kernels with one of the deepest shades of purple found anywhere in the plant "kingdom." Research has shown that purple corn contains cell-protecting antioxidants with the ability to inhibit carcinogen-induced tumors in rats. Many plant-derived substances are believed to show these properties, but few have also demonstrated anti-inflammatory capabilities and the potential to help prevent obesity.

The kernels of purple corn (*maiz morado* in Spanish) have long been used by the people of the Peruvian Andes to color foods and beverages, a practice just beginning to become popularized in the industrialized world. They also make a fermented/alcoholic drink from the kernels which they call *chicha morada*.¹



Purple corn Photo ©2005 www.essentiallivingfoods.com

Rich in Anthocyanins

The source of this natural alternative to synthetic food dyes is the largest group of natural, water-soluble pigments in the plant world, known as "anthocyanins."² (The word anthocyanin is derived from the Greek terms, *anthos*, meaning flower, and *kyanos*, meaning blue.³) Anthocyanins are responsible for the purple, violet, and red colors

attending many plants. Anthocyanins belong to an even larger class of plant chemicals known as flavonoids and are found in diverse plants, including many food plants.⁴

Researchers at the Horticultural Sciences Department of Texas A&M University in College Station, Texas, recently determined that the mean anthocyanin content of whole, fresh purple corn from Peru was 16.4 mg/g, which was much higher than fresh blueberries (1.3-3.8 mg/g). On a dry weight basis, the mean content of purple corn was comparable to blueberries (17.7 and 9.2-24.0 mg/g, respectively). The kernel pericarp held by far the greatest concentration of anthocyanins, contributing 45% of the total content. More intriguing, the *in vitro* antiradical capacity of purple corn extract against the DPPH (2,2-diphenyl-1-picrylhydrazyl) radical was greater than that of blueberries (*Vaccinium corymbosum* L., Ericaceae), which have shown higher antioxidant values than many other commercial food plants.⁵

Powerful Antioxidant

Digging deeper, the most abundant anthocyanin found in purple corn, called "C3G" (3-O-7'-D-glucoside^{6,7}), also known as cyanidin-3-O-7'-glucopyranoside,⁸ has been keeping researchers very busy lately. In a



Send a free E-Card
Shop ABC

ABC-AHP-NCNPR Botanical Adulterants Program





number of tests designed to assess the potential health benefits of this anthocyanin, one study after another has proven its antioxidant strength. Like other anthocyanins, C3G is found in a wide variety of food plants and is actually the most common anthocyanin found in nature. C3G is the most abundant anthocyanin in some foods, such as the juice of ruby oranges (*Citrus sinensis* [L.] Osbeck "Blood orange," Rutaceae)⁸ and blackberry (*Rubus allegheniensis* [L.] Bailey, Rosaceae) extract.⁹ Red wine also contains appreciable amounts,^{10,11} but other anthocyanins predominate.¹²

C3G displays significant in vitro antioxidant activity. In one study C3G came out on top when compared to 13 other anthocyanins in the ORAC (oxygen radical absorbance capacity) assay, which tests for antioxidant activity. The

strength of C3G was 3.5 times that of Trolox[®] (a synthetic and potent antioxidant analogue of vitamin E).¹³ To date, the radical scavenging/antioxidant capacity of C3G has been demonstrated in at least a dozen different assays.^{8,14-20} In one in vitro study, C3G was tested for the potential to prevent damage caused by ultraviolet (UV) light. Its ability to inhibit the oxidation of fat cells induced by UVB (280-315 nm) light was at least 40 times that of vitamin E; however, vitamin E is a weak inhibitor of UVB-induced lipid oxidation because it rapidly breaks down under UV light.¹⁹ Oxidative stress and immune suppression caused by UV light are well-known for their role in the induction of skin cancers.²⁰

Oxidative stress is described as a state in which there is an excess of oxygen-based free radicals. To avoid the damage they can cause to cells, the body produces antioxidants to inactivate these free radicals. If they prove insufficient, however, the body suffers from oxidation of lipids, proteins, and nucleotide bases. In models of oxidative stress using oxidative injury to the liver, male rats fed a diet containing 0.2% C3G (2 g/kg of feed) for 2 weeks beforehand showed significantly less liver injury compared to the control group.²¹ A similar study in rats fed C3G in liquid form (0.9 mmol/kg) also found significant hepatoprotective effects.²²

Anti-inflammatory Capabilities

In a study on the anti-inflammatory potential of C3G, male rats administered the anthocyanin orally in liquid form (0.9 mmol/kg) prior to chemically-induced acute inflammation showed significantly less inflammation and significantly attenuated levels of pro-inflammatory cytokines (interleukin-6, interleukin-7, and tumor necrosis factor- α), and inducible nitric oxide [iNOS] expression) and nitric oxide (a free radical).²³ Based on these results, it is possible that this plant pigment may also suppress the inflammatory response in diseases marked with inflammation.

Preventing Cancer

Could the anthocyanin pigment also help prevent some types of cancer? That question was put to the test in rats first treated with a carcinogen (1,2-dimethylhydrazine) and then fed a diet containing a known environmental carcinogen (PHIP or 2-amino-1-methyl-6-phenylimidazo[4,5-*b*]pyridine) that also targets the mammary gland, prostate, and large intestine in rats and causes colorectal cancer. Incidentally, the carcinogen used in the study, known as a heterocyclic amine, is the most abundant of around 20 other types found in cooked meats and fish. Both the early signs of colorectal cancers and the numbers of malignant and benign tumors that formed in the colons of rats that had the purple pigment in their diet (5% of feed for 32 weeks; a nontoxic dose based on previous carcinogenicity studies of PCC) were significantly reduced, and there were no adverse effects. The authors of the study note that extract or juices of plants that contain high amounts of anthocyanins have previously been reported to inhibit mutagenesis induced by heterocyclic amines.²⁴

The oxidation of fats or lipids in blood serum contributes to the condition known as atherosclerosis. When male rats were fed a diet containing a high amount of C3G (0.2% of feed for 2 weeks) in place of sucrose content in the control diet, their blood serum showed a significantly lower level of oxidation along with a significant decrease in the susceptibility of their serum lipids to undergo oxidation, yet their body's natural antioxidants (serum levels of vitamins C and E, glutathione, and uric acid) remained unaffected. Another intriguing discovery in this study was that the rats with C3G in their feed also showed significant decreases in levels of total cholesterol—about 16% less.²⁵

Anti-obesity Potential

What would happen if rats were fed C3G as part of a high-fat diet? To find out, researchers in Japan compared the body weights of male mice fed a high-fat (HF) diet with another group fed the same HF diet but with the addition of purple corn color (PCC) which provided C3G (0.2% or 2 g/kg of feed). Results were also compared to 2 control groups: one fed a normal diet and one fed a normal diet with C3G. After 12 weeks, the results were obvious: mice in the PCC-HF group showed significantly less signs of developing obesity, yet exhibited no significant difference in food consumption compared to the control groups with or without the PCC in their feed. When related to the primary control group (no HF diet or PCC), the adipose tissue weights of the PCC-HF group were not significantly different. In addition, fatty tissue in HF-diet group was found to be growing in size but showed no increase in the PCC-HF group. The HF-diet group also developed a state of hyperglycemia along with an over-production of insulin. Interestingly, this was not observed in the PCC-HF group in which both pathologies were completely normalized. In conclusion, the researchers stated that their tests of PCC provide a nutritional and biochemical basis for the use of the pigment or anthocyanins as a "functional food factor"—one that may be beneficial for helping to prevent diabetes and obesity.²⁶ It now remains for future studies to determine the possible contributing effects of other substances from purple corn which are extracted along with PCC.

More recent efforts to determine the potential anti-obesity mechanisms of purple corn pigment have focused on the effect of C3G on fat cell dysfunction, fat cell-specific gene expression, and the regulation of chemical messengers (adipocytokines) secreted by fat cells, such as the fat-derived hormone adiponectin. After feeding male mice a diet containing PCC to provide C3G (2 g/kg of feed for 12 weeks), gene expression levels of adiponectin in white fatty tissue was upregulated 1.7-fold compared to the control group not fed the food colorant.²⁷ Plasma and gene expression levels of adiponectin are decreased in obese humans and mice and in insulin resistant states.^{27,28} When adiponectin was administered intravenously to

mice fed high-fat/sucrose diets, weight gain was significantly inhibited. Adiponectin (i.v.) also lowered plasma glucose levels in lean mice fed a high-fat meal.²⁸

Rich in C3G (approximately 70 mg/g), about 50,000 kg of PCC is used in Japan as a food color for confections and soft drinks annually.²⁸ So far, PCC remains to be officially approved for use as a food colorant by the U.S. Food and Drug Administration. However, approval seems likely because "grape skin color" and "grape skin extract" ("enocianini" or "enocyanin")² made from Concord grapes²⁹ (*Vitis vinifera* L., Vitaceae) are also rich in anthocyanins² and both are FDA-approved for use in beverages and non-beverage foods.²⁹

Kenneth Jones is a medical writer specializing in the field of medicinal plants. He is the co-author of *Botanical Medicines: The Desk Reference for Major Herbal Supplements* by McKenna, Jones, and Hughes (Haworth Herbal Press, 2002). He has no affiliation with any commercial producers of purple corn or any of the other products mentioned in this article.

References:

1. Brack-Egg A. *Diccionario Enciclopédico de Plantas Útiles del Perú*. Cuzco, Peru: Imprenta del Centro Bartolomé de Las Casas; 1999:537-538.
2. Bridle P, Timberlake CF. Anthocyanins as natural food colours — selected aspects. *Food Chem*. 1997;58(1-2):103-109.
3. Kong J, Chia L, Goh N, Chia T, Brouillard R. Analysis and biological activities of anthocyanins. *Phytochemistry*. 2003;64:923-933.
4. Mazza G, Minlati E. *Anthocyanins In Fruits, Vegetables, and Grains*. Boca Raton, FL: CRC Press; 1993.
5. Cevallos-Casals BA, Cisneros-Zevallos L. Stoichiometric and kinetic studies of phenolic antioxidants from Andean purple corn and red-fleshed sweet potato. *J Agric Food Chem*. 2003;51(11):3313-3319.
6. de Pascual-Teresa S, Santos-Buelga C, Rivas-Gonzalo J C. LC-MS analysis of anthocyanins from purple corn cob. *J Sci Food Agric*. 2002;82(9):1003-1006.
7. Nakatani N, Fukuda H, Fuwa H. Major anthocyanin of Bolivian purple corn *Zea mays*. *Agric Biol Chem*. 1979;43(2):389-392.
8. Amorini AM, Fazzina G, Lazzarino G, et al. Activity and mechanism of the antioxidant properties of cyanidin-3-O-b-glucopyranoside. *Free Radic Res*. 2001;35:953-966.
9. Rossi A, Serraino I, Dugo P, et al. Protective effects of anthocyanins from blackberry in a rat model of acute lung inflammation. *Free Radic Res*. 2003;37(8):891-900.
10. Waterhouse AL. Wine phenolics. *Ann N Y Acad Sci*. 2002;957:21-36.
11. Burns J, Gardner PT, O'Neill J, et al. Relationship among antioxidant activity, vasodilation capacity, and phenolic content of red wines. *J Agric Food Chem*. 2000;48(2):220-230.
12. García-Beneytez E, Cabello F, Revilla E. Analysis of grape and wine anthocyanins by HPLC-MS. *J Agric Food Chem*. 2003;51:5622-5629.
13. Acquaviva R, Russo A, Galvano F, et al. Cyanidin and cyanidin 3-O- γ -D-glucoside as DNA cleavage protectors and antioxidants. *Cell Biol Toxicol*. 2003;19(4):243-252.
14. Wang H, Cao GH, Prior RL. Oxygen radical absorbing capacity of anthocyanins. *J Agric Food Chem*. 1997;45(2):304-309.
15. Espin JC, Soler-Rivas C, Wichers HJ, Garcia-Viguera C. Anthocyanin-based natural colorants: A new source of antiradical activity for foodstuff. *J Agric Food Chem*. 2000;48(5):1588-1592.
16. Kähkönen MP, Heinonen M. Antioxidant activity of anthocyanins and their aglycons. *J Agric Food Chem*. 2003;51(3):628-633.
17. Stintzing FC, Stintzing AS, Carle R, Frei B, Wrolstad RE. Color and antioxidant properties of cyanidin-based anthocyanin pigments. *J Agric Food Chem*. 2002;50(21):6172-6181.
18. Tsuda T, Watanabe M, Ohshima K, et al. Antioxidative activity of the anthocyanin pigments cyanidin 3-O- γ -D-glucoside and cyanidin. *J Agric Food Chem*. 1994;42(11):2407-2410.
19. Tsuda T, Shiga K, Ohshima K, Kawakishi S, Osawa T. Inhibition of peroxidation and the active oxygen radical scavenging effect of anthocyanin pigments isolated from *Phaseolus vulgaris* L. *Biochem Pharmacol*. 1996;52(7):1033-1039.
20. Morazzoni P, Bombardelli E. *Vaccinium myrtillus* L. *Fitoterapia*. 1996;67:3-29.
21. Tsuda T, Horio F, Kitoh J, Osawa T. Protective effects of dietary cyanidin 3-O-b-D-glucoside on ischemia-reperfusion injury in rats. *Arch Biochem Biophys*. 1999;368(2):361-366.
22. Tsuda T, Horio F, Kato Y, Osawa T. Cyanidin 3-O-b-D-glucoside attenuates the hepatic ischemia-reperfusion injury through a decrease in the neutrophil chemoattractant production in rats. *J Nutr Sci Vitaminol*. 2002;48(2):134-141.
23. Tsuda T, Horio F, Osawa T. Cyanidin 3-O-b-D-glucoside suppresses nitric oxide production during zymosan treatment in rats. *J Nutr Sci Vitaminol*. 2002;48(4):305-310.
24. Hagiwara A, Miyashita K, Nakanishi T, Sano M, Tamano S, Kadota T, Koda T, Nakamura M, Imaida K, Ito N, Shirai T. Pronounced inhibition by a natural anthocyanin, purple corn color, of 2-amino-1-methyl-6-

phenylimidazol[4,5-b]pyridine (PhIP)-associated colorectal carcinogenesis in male F344 rats pretreated with 1,2-dimethylhydrazine. *Cancer Lett.* 2001;171:17-25.

25. Tsuda T, Horio F, Osawa T. Dietary cyanidin 3-O- γ -D-glucoside increases ex vivo oxidation resistance of serum in rats. *Lipids.* 1998;33(6):583-588.

26. Tsuda T, Horio F, Uchida K, Aoki H, Osawa T. Dietary cyanidin 3-O- γ -D-glucoside-rich purple corn color prevents obesity and ameliorates hyperglycemia in mice. *J Nutr.* 2003;133(7):2125-2130.

27. Tsuda T, Ueno Y, Aoki H, et al. Anthocyanin enhances adipocytokine secretion and adipocyte-specific gene expression in isolated rat adipocytes. *Biochem Biophys Res Commun.* 2004;316:149-157.

28. Fruebis J, Tsao TS, Javorschi S, Ebbets-Reed D, Erickson MR, Yen FT, Bihain BE, Lodish HF. Proteolytic cleavage product of 30-kDa adipocyte complement-related protein increases fatty acid oxidation in muscle and causes weight loss in mice. *Proc Natl Acad Sci USA.* 2001;98:2005-2010.

29. FDA, Dept. of Health and Human Services. Code of Federal Regulations. Part 73. Listing of Color Additives Exempt from Certification. Sec. 73.169. Sec. 73.170. April 1, 2003. Available at: <http://www.access.gpo.gov/cgi-bin/cfrassemble.cgi?title=200321>.

[home](#) | [about us](#) | [support ABC](#) | [privacy policy](#) | [contact us](#) | [site map](#)

American Botanical Council, 6200 Manor Rd, Austin, TX 78723
Phone: 512-926-4900 | Fax: 512-928-2346 | Email: abc@herbalgram.org

The information on this site is intended for educational purposes only and is not a substitute for the advice of a qualified healthcare professional. The American Botanical Council does not endorse or test products, nor does it verify the content or claims made, either implicit or explicit. ABC does not accept responsibility for the consequences of the use of this information or its most up-to-date accuracy. ABC is an independent, nonprofit, tax-exempt research and education organization under IRS section 501(c)(3). All text, images and content Copyright © 2013 American Botanical Council, unless otherwise noted.

EXHIBIT C

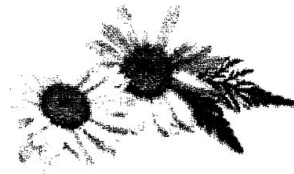
Natural Health Products

Chamomile Health Benefits

By Jawairia Zafar, OCT

What is Chamomile?

Chamomile is an herb that comes from a flowering plant from the daisy family. Both the fresh and dried flowers of chamomile have been used to create teas for centuries to cure a number of health problems. The active ingredient in chamomile essential oil is known as *bisabolol*, which has a number of anti-irritant, anti-inflammatory, and anti-microbial properties.



Prescription Insomnia Med

Find Answers To Common Questions About An Insomnia Treatment Here.



What are the Benefits of Chamomile?

Chamomile can be used topically or orally to treat a number of everyday ailments, such as:

- Insomnia and other sleep disorders
- Anxiety and Panic Attacks
- Muscle twitches
- Wounds, burns, and scrapes
- Skin conditions such as psoriasis, eczema, chickenpox, and diaper rash
- Stomach problems such as menstrual cramps, stomach flu, and ulcers

Uses of Chamomile

HOME REMEDY FOR STOMACH CRAMPS

Chamomile has been found to contain fairly strong antispasmodic and anti-inflammatory constituents. Therefore, it has been found to be effective in treating stomach and intestinal cramps. Simply prepare a cup of Chamomile tea following the directions on the package and drink it twice a day until while symptoms are present (one cup first thing in the morning, and one in the evening).

HOME REMEDY FOR INSOMNIA

Chamomile is wonderful remedy for sleep disorders such as insomnia. Simply make a chamomile tea 30 to 45 minutes before going to bed to treat sleeplessness.

HOME REMEDY FOR IRRITABLE BOWEL SYNDROME (IBS)

Chamomile reduces cramping and pain in the bowels and also helps to relieve excessive gas and bloating in the intestines. Therefore, a simple remedy is to drink a cup of chamomile tea to help relieve irritable bowel syndrome, nausea, and gastroenteritis or stomach flu.

HOME REMEDY FOR MIGRAINE HEADACHES

Chamomile is a wonderful cure for migraines. Take a cup of tea when you start noticing the symptoms of a migraine headache. It works best if you take it before the headache actually gets severe.

HOME REMEDY FOR PREMENSTRUAL SYNDROME (PMS) AND MENSTRUAL CRAMPS

Drinking chamomile tea has been found to be beneficial in treating PMS and Menstrual Cramps.

USING CHAMOMILE TO TREAT BURNS AND SCRAPES

Chamomile oil is very useful in treating bad burns. Simply rub a small amount of oil gently across the burned area once a day. For scrapes and burns you can also brew a strong concoction by adding 3 tea bags to one cup of boiling water. When the water cools, dip a cloth into it and use it as a compress on the wounded area.

LIGHTENING SKIN USING CHAMOMILE

Chamomile has been found to be advantageous for lightening your skin tone. Simply bring two quarts of water to a boil with 2 chamomile tea bags in it. Then place your face above the steaming pot of chamomile tea. A bath in water mixed with chamomile tea works too.

REDUCING DARK CIRCLES AROUND EYES

Chamomile tea has been found to help relieve eye fatigue and dark circles. A simple remedy is to dip 2 chamomile tea bags in warm water. After 5 minutes, remove the tea bags from the water and let them cool to room temperature. Then place them on your eyes at night as a compress.

What are the Side Effects of Chamomile?

As with all herbal products, moderation is the key to avoiding adverse reactions. Some of the potential side effects of chamomile include drowsiness, so use it with caution if you are driving or operating machinery. High doses of chamomile can also cause vomiting and/or skin reactions in some individuals. If you are allergic to ragweed pollen or have hayfever, you may have difficulty using chamomile.

Using chamomile during pregnancy is not recommended, since it is considered to be an abortifacient (a substance that induces abortion). Chamomile is also not recommended if you are currently taking blood thinners, since chamomile contains a substance called coumarin (which is also a blood thinner).

Where and How to Buy Chamomile

Chamomile can be bought as dried flower heads, an infusion (tea), liquid extract, essential oil, tinctures (concentrated in alcohol), and in creams and ointments. Tea bags are the most common form and can be found at many mainstream

EXHIBIT D

Linden Tea



Our Articles

[Health Benefits](#)

[Anxiety](#)

[Flavonoids](#)

[Bleach-Free Tea Bags](#)

[High Blood Pressure](#)

[Mucus](#)

[Volatile Oils](#)

[Organic vs Non-Organic](#)



A Soothing Taste

For years, different plants and herbs were relied on as the only real medicine that people could rely on. Today, modern medicine has overtaken most of them and has managed to solve many health related problems. While natural remedies certainly can't replace modern medical procedures, they can still help us in a variety of ways. Mild health problems can often be relieved through their use and many other problems can be prevented when these remedies are used as preventatives.



The Linden tree, also known as the Tilia tree, is often found growing in Europe and North America. These seasonal trees are large and produce flowers known as the lime flowers in some areas. This is a plant that has been used in folk medicine and various remedies for centuries, particularly in Europe where it grows most abundantly. The flowers can be used to make herbal tea which is used to treat anxiety since the herb exerts a soothing effect on the body, helping calm the nerves and treat sleep disorders as well. There are several different subspecies of linden that can be used medicinally and all may have a slightly different taste. Linden tea is one of the most effective natural remedies and has been used for centuries. When it is administered regularly, it can help with a wide range of different health issues.

Digestive Aid

A problem that linden tea is known to help with is in clearing up any problems with the gallbladder or digestive system. If you have an upset stomach, drinking a cup of tea before bed will not only help to calm your nerves, but it will also help you digest your food more easily for a good night's rest. It may lessen the effects of excessive flatulence as well. The effects of the linden flower on the digestive system are well documented and this is why the tea has been recommended by so many different herbalists and experts in folk therapies over the years.

Calming Sleep Aid

One of the most common uses for linden tea today is to treat anxiety because the herb exerts a soothing effect on the body, helping to calm the nerves and treat sleep disorders as well. If you are suffering from anxiety or insomnia, a cup of this tea before bed can offer a soothing, gentle feeling of relaxation that can help you get a better night's rest.



Eases Cold and Flu Symptoms

Another important use of linden tea is its ability to help those suffering common cold and flu sicknesses. The first prominent benefit this tea offers during this time is that it helps to boost the immune system due to its high amounts of vitamins and antioxidants. This can even help prevent and fight off sickness. Another great benefit is that it can soothe sore throats related to cough and cold since warm drinks can offer a relaxing effect for a sore or itchy throat. Furthermore, drinking this tea can help reduce fevers, which is also useful during times of sickness as well.

Preparation:

To prepare Linden tea steep one bag in a cup of hot water for 15 to 20 minutes. When you're using this tea to treat illnesses like a cold or flu, it's best to drink it at least three times a day. Otherwise, this tasteful tea can be enjoyed hot or cold at any time desired.

Whether you're looking to ease yourself from some common every day ailments, or if you're simply looking for a delicious new tea to taste, Linden tea may be perfect for you. Even if you aren't experiencing any feelings of sickness, you can still take comfort knowing that even just by drinking this tea you're still reaping many benefits for your body. We hope that you've found some of your questions about this particular tea answered, however if you still feel you have any concerns do not hesitate to contact us. If you're interested in buying Linden tea, you may be able to find this tea being sold in local herbal health stores, but if not you can certainly find it being sold online from reliable merchants like Buddha Teas.

[Learn More](#)

**The statements made on this website have not been evaluated by the Food and Drug Administration. Information found on this site is not intended to diagnose, treat, cure, or prevent any disease.*

About Us

Linden tea has a wide array of health benefits and can help ease ailments like colds, anxiety, and insomnia in a natural safe way.

Useful Links

[USDA Organic Home](#)
[Health.com](#)

Sitemap

- [Home](#)
- [Health Benefits](#)
- [Anxiety](#)
- [Flavonoids](#)
- [Bleach-Free Tea Bags](#)
- [High Blood Pressure](#)
- [Mucus](#)
- [Volatile Oils](#)
- [Organic vs Non-Organic](#)
- [Contact](#)

Tweets

Buddha Teas @BuddhaTeas 2h

Dong Quai Tea for Women's Health
pinterest.com/pin/4274901896...
[Show Summary](#)

Buddha Teas @BuddhaTeas 6h

Five minutes is all you need to learn the history of this fascinating herbal tea. You'll be surprised what you...

[Tweet to @BuddhaTeas](#)

Follow

Benefits of Linden Flower Tea

Last Updated: Apr 24, 2015 | By Joanne Marie



A cup of hot linden flower tea on a table. Photo Credit Mallivan/iStock/Getty Images

Herbal medicine has been around for centuries, with practitioners recommending hundreds of different plants for many ailments. Linden flowers from any of several species of the linden tree are dried and used to brew a tea with a number of medicinal properties. Their traditional uses include to help treat flu or cough, or to relieve nervous tension and digestive problems. Modern research suggests that linden flower tea might have some significant health benefits.

Linden Components

Linden flowers contain a number of natural compounds, or phytochemicals, that are biologically active and responsible for some of its properties. Several of its components are antioxidant chemicals called flavonoids, including one called quercetin. Antioxidants help rid your body of free radicals, unstable chemicals that form in your skin when you're in sunlight or in your organs when you're exposed to environmental toxins. Over time, free radicals can damage cellular membranes and DNA, raising your risk of heart disease, cancer and other chronic problems. Quercetin and other linden components called kaempferol and p-coumaric acid are also diaphoretics, chemicals that cause you to sweat, while some volatile oils in the flowers may have sedative, calming properties.

You Might Also Like



Linden Tea & Pregnancy



Benefits of Linden Extract



Elder Flower Tea Benefits



What Are the Benefits of Mangosteen Tea?

Relaxing Effects

the best of Olay skincare.

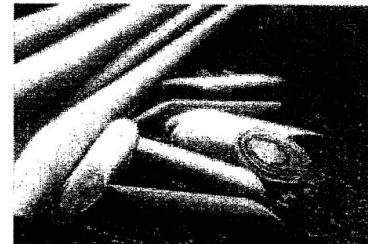
as voted by guests at Target.com.

shop now >

Search Sign In Register Upgrade Advertisement

People Are Reading

What Are the Health Benefits of Lemongrass Tea?



List of Chinese Herbal Teas



Dandelion Leaf Tea Benefits



Related Searches

In herbal medicine, linden tea is recommended to combat anxiety and promote relaxation. A study published in the July 2008 issue of the "Journal of Ethnopharmacology" found that feeding laboratory animals an extract of linden flowers reduced their anxious behavior when placed in a maze, compared to controls. Another study published in the March 2008 issue of the same journal found that linden extract lengthened the sedation time in animals who received sleep-inducing drugs. It also calmed the animals when administered to them by itself, but these potentially significant effects still need confirmation in studies with human subjects.

Sponsored Links

[3 veggies to never eat:](#)

If you never eat these 3 veggies, You will burn belly fat every day

www.beyonddiet.com

Colds and Congestion

The ability of some linden compounds to cause sweating may have benefits when you have a cold, cough or fever, according to the University of Maryland Medical Center. Some components of linden flower tea might also help soothe irritated membranes in your mouth or throat that develop during an illness. A study published in the February 2000 issue of "Planta Medica" found that some polysaccharides, or complex sugars, in linden flowers adhere to the type of membrane that lines the mouth and respiratory tract. The authors concluded that linden polysaccharides may soothe these membranes when they become irritated, although this possibility still needs testing in clinical studies.

Making the Tea

Dried linden flowers in loose form or packed in tea bags are generally available at health-food stores. To make tea, steep a tea bag or about 1 teaspoon of dried flowers in boiling water for 15 to 20 minutes and drink up to three times daily. Linden flower tea is generally considered safe, although a minimum effective dose hasn't been established, and some people may be allergic to the flowers. Don't use linden tea if you're pregnant or breast-feeding, or if you have heart disease. Always check with your health care professional before taking linden flower tea.

Sponsored Links

[Get DIRECTV For BUSINESS...](#)

Give Your Business Premium Quality

TV w/ Free HD Access Included.

directv.com/Business

[Buy Your Surety Bond Now](#)

Get Approved & Buy Online, 2 Mins!

JW Surety Bonds, Bonds Made Simple

www.jwsuretybonds.com/EasyBond

[3 Worst Foods for Thyroid](#)

The One Thing You Should Be Eating

For Your Thyroid Every Morning.

medixselect.com

Green Tea Benefits

Tea Tree

Health Tea

Dandelion Tea

Leaf Tea

Herbal Tea

Currently Trending

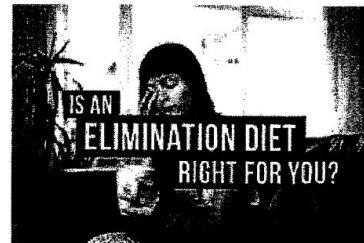
6 Quick and Easy 3-Ingredient Snacks



17 Exercises to Shape and Tone Your Booty



Is an Elimination Diet Right for You?



Female Hair Loss Vitamin

Read Our Success Stories. Now It's

Your Turn. Reclaim Your Life Today!

www.haressentials.com/hair-loss

Related Searches

Green Tea Benefits

Tea Tree

Health Tea



Dandelion Tea

Leaf Tea

Herbal Tea

LIVESTRONG.COM Weight Loss Tools - All FREE!

Calorie Tracker - Premium Workout Videos - Premium Meal Plans - Community Support

Age	Weight	Goal
<input type="text" value="Age"/>	<input type="text" value="Lbs"/>	<input type="text" value="Lose 1 pound per week"/>
Height	Gender	
<input type="text" value="Feet"/>	<input type="radio"/>  <input type="radio"/> 	

[See My Calorie Goal](#)

LIVESTRONG.COM Most Popular



Amish Recipes for Arthritis



What Is the Effect of Ginger Tea?



Black Walnut Hull Benefits & Side Effects

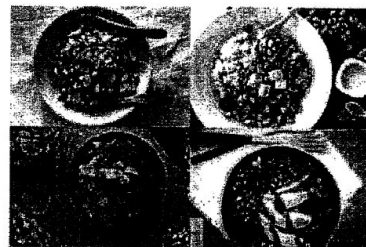


What Are the Benefits of European Goldenrod F...

Advertisement

Read These

7 Simple Buddha Bowls You Can Actually Make Tonight



10 Medicine-Ball Moves to Whittle Your Waistline



How to Set Clear Boundaries With Energy Vampires (in Gl...



References

University of Maryland Medical Center: Linden

Drugs.com: Linden

Memorial Sloan-Kettering Cancer Center: Quercetin

Journal of Ethnopharmacology: Flavonoids from *Tilia Americana* with Anxiolytic Activity in Plus-Maze Test

Journal of Ethnopharmacology: Sedative and Anxiolytic Efficac of *Tilia Americana* Var. *Mexicana*

Inflorescences Used Traditionally by Communities of State of Michoacan, Mexico


Planta Medica: Evidence for Bioadhesive Effects of Polysaccharides and Polysaccharide-Containing Herbs in an Ex Vivo Bioadhesion Assay on Buccal Membranes.


Linden Tea: A Soothing Taste


Comments

 Add a comment...

Also post on Facebook Posting as **Sandi Koening** · [Comment](#)

 **Sohella Asrari**
I'm used to drink herbal and use which is organica, I try cure my illness with them I.
Reply · Like · 1 · Follow Post · January 13, 2012 at 9:31am

 **Nayer Ahmadieh**
Sohella jan, what is wrong with you? I hope not serious.
Reply · Like · February 8, 2012 at 7:29pm

 **Sohella Asrari**
Dear nary don't worry i'm absouletly fine i' mean i care my health with herbal instate of take a chemical medicine.thanks alot 4 remembering me i miss u i hope see u in US in near future▼
Reply · Like · February 12, 2012 at 2:45pm

Facebook social plugin

[ABOUT](#) [CONTACT US](#) [FAQ](#) [ADVERTISE WITH US](#) [PRESS](#) [BLOGS](#) [LIVESTRONG.COM EN ESPAÑOL](#)

SIGN UP FOR OUR NEWSLETTER

Get the latest tips on diet, exercise and healthy living

MAN WOMAN

Email Address

[Add Me](#)

OFFICIAL PARTNER OF THE **LIVESTRONG** FOUNDATION

- [CANCER SUPPORT](#)
- [SHOP](#)
- [TEAM LIVESTRONG](#)
- [DONATE](#)

Copyright © 2015 Demand Media, Inc. Use of this web site constitutes acceptance of the [LIVESTRONG.COM Terms of Use and Privacy Policy](#). The material appearing on [LIVESTRONG.COM](#) is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. [LIVESTRONG](#) is a registered trademark of the [LIVESTRONG Foundation](#). The [LIVESTRONG Foundation](#) and [LIVESTRONG.COM](#) do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies. [Ad Choices](#)



LIVESTRONG.COM

eHow | HEALTH

EXHIBIT E

Article Link: <http://www.webmd.com/vitamins-and-supplements/lifestyle-guide-11/supplement-guide-chamomile>

Vitamins and Supplements Lifestyle Guide

What Is Chamomile?

Chamomile has been used as a traditional medicine for thousands of years to calm anxiety and settle stomachs. In the U.S., chamomile is best known as an ingredient in herbal tea.

Why do people take chamomile?

Chamomile is considered a safe plant and has been used in many cultures for stomach ailments and as a mild sedative. Some studies, primarily using combinations of chamomile with other plants, show it may have health benefits. However, as with any combination product, it is hard to say that a benefit comes from any one plant.

One product with chamomile and other herbal medicines has been shown to ease upset stomach, heartburn, nausea, and vomiting. Another mixture with chamomile seems to help colicky babies.

A mouth rinse with chamomile might relieve mouth sores caused by cancer treatments. Some research suggests that chamomile could help with other conditions, like diarrhea in children, hemorrhoids, anxiety, and insomnia. When used on the skin, chamomile might help with skin irritation and wound healing. Some research has documented that it may be as effective as hydrocortisone cream for eczema.

How much chamomile should you take?

There is no standard dose of chamomile. Studies have used between 400 milligrams to 1,600 milligrams daily in capsule form. The most common form is a tea, and some people drink one to four cups daily. To make chamomile tea, steep a chamomile tea bag or chamomile flowers in hot water for 5 to 10 minutes in a mug covered with a saucer. Then, drink the infusion when it has cooled to the point it is safe to drink. Ask your doctor for other advice.

Can you get chamomile naturally from foods?

Chamomile flowers are a common ingredient in teas. They're also used as a flavoring in other foods and drinks.

EXHIBIT F

WebMD Home > Vitamins & Supplements

Print Article

Vitamins & Supplements

- Find a Vitamin
- Find by Condition
- Lifestyle Guide
- Health Check

Top Supplements

- Alpha Lipoic Acid
- Apple Cider Vinegar
- Black Cohosh
- Calcium
- Chromium
- Coenzyme Q-10
- DHEA
- Flaxseed
- Folic Acid
- Ginko
- Glucosamine
- Melatonin
- Niacin
- Magnesium
- Probiotics
- Red Yeast Rice
- St. John's Wort
- Vitamin C
- Vitamin D
- Vitamin E

Drugs and Medications Center

- Find a Drug
- Pill Identifier
- Drugs & Medications A-Z
- Drugs & Medical Conditions
- Latest Drug News
- Drugs Information on Mobile
- My Medicine
- Find a Vitamin
- Find a Doctor

Living Healthy Resources

- First Aid Home
- Diet & Fitness Tips
- Family Health Tools

Find a Vitamin or Supplement

LINDEN

Other Names:

Basswood, Bois de Tilleul, European Linden, Feuille de Tilleul, Feuille Séchée de Tilleul, Fleur de Tilleul, Fleur Séchée de Tilleul, Hungarian Silver Linden, Lime Blossom, Lime Flower, Lime Tree, Linden Charcoal, Linden Dried Flower, Linden Dri...
See All Names

[Review this Treatment](#)

[5 User Reviews](#)

OVERVIEW **USES** SIDE EFFECTS INTERACTIONS DOSING

LINDEN OVERVIEW INFORMATION

Linden is a tree. The dried flower, leaves, and wood are used for medicine.

Linden leaf is used for colds, stuffy nose, sore throat, breathing problems (bronchitis), headaches, fever, and to make it easier to bring up phlegm by coughing (as an expectorant). It is also used for rapid heartbeat, high blood pressure, excessive bleeding (hemorrhage), nervous tension, trouble sleeping (insomnia), problems with bladder control (incontinence), and muscle spasms. Linden leaf is also used to cause sweating and increase urine production.

Linden wood is used for liver disease and gallbladder disease, and for infection and swelling beneath the skin (cellulitis). Charcoal made from linden wood is used for intestinal disorders.

Some people apply linden directly to the skin for itchy skin, joint pain (rheumatism), and certain lower leg wounds (ulcus cruris) caused by poor blood circulation.

How does it work?
Linden seems to reduce the amount of mucus produced and relieve anxiety. But, more information is needed.

[View clinical references for this vitamin or supplement](#)

See 5 Reviews for this Treatment - OR -

[REVIEW THIS TREATMENT](#)

Related to Linden

- Supplements for ADHD
- Medications for Skin Allergies
- Vitamins and Supplements for UC
- Soothe Your Child's Allergies
- Healthy Aging & Nutrition
- Is Your Diet Aging You?

Learn about User Reviews and read IMPORTANT information about user generated content

Conditions of Use and Important Information: This information is meant to supplement, not replace advice from your doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances. Never delay or disregard seeking professional medical advice from your doctor or other qualified health care provider because of something you have read on WebMD. You should always speak with your doctor or health care professional before you start, stop, or change any prescribed part of your health care plan or treatment and to determine what course of therapy is right for you.

This copyrighted material is provided by *Natural Medicines Comprehensive Database Consumer Version*. Information from this source is evidence-based and objective, and without commercial influence. For professional medical information on natural medicines, see *Natural Medicines Comprehensive Database Professional Version*. © Therapeutic Research Faculty 2009.

Search for a Vitamin or Supplement

Enter a vitamin or supplement name or a medical condition

Ex. Ginseng, Vitamin C, Depression

[Look Up](#)

Today on WebMD



12 Reasons You Can't Concentrate
Plus tips to get your focus back.



Vitamin B12
Are you getting enough?



11 Supplements for Menopause
Ease hot flashes and other symptoms.



Vitamin D
Wonder pill or overkill?