



Ehinacea

(*Echinacea purpurea*, L.)

Ehinaceja je poznata ljekovita biljka za jačanje imuniteta. Koristi se kod prehlade i gripe. Ima karakteristične ljubičaste cvjetove. Potječe iz Sjeverne Amerike. Često se koristi u obliku tinktura i dodataka prehrani.



Echinacea is a well-known medicinal plant used to strengthen the immune system. It is commonly used for colds and flu. The plant has distinctive purple flowers. It originates from North America. It is often used in the form of tinctures and dietary supplements.