



NATURE'S SUNSHINE

Bronchial Formula (Ayurvedic)

Non-GMO

GOOD FOR

Respiratory System

Lungs

Sinuses

SIZE **100 Capsules**

ITEM # **1297**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Bronchial Formula brings together more than a dozen traditional Ayurvedic herbs, each chosen for the way it supports comfortable, easy breathing and a healthy respiratory tract. Working together, these botanicals help soothe airways, encourage normal mucus clearance, and help the body maintain a balanced response to everyday respiratory challenges.

Malabar Nut (*Adhatoda vasica*) — The cornerstone of Ayurvedic respiratory care, Malabar nut has been used for centuries to support open, comfortable airways. Preclinical studies show its key compounds help relax the bronchial passages and support the body's normal response to airway irritation, making it a natural first choice in any breathing formula.

Tylophora — Known in traditional Indian medicine as a go-to herb for breathing comfort, Tylophora has been evaluated in multiple controlled human studies where it showed meaningful support for people dealing with respiratory challenges. Its compounds also help the body maintain a balanced immune response, which is important for everyday respiratory wellness.

Picrorhiza kurroa (*Kutki*) — Harvested from the high Himalayas, Kutki has been used in Ayurvedic practice for generations to support bronchial health. Research shows one of its active compounds helps keep the airways open by blocking certain triggers of bronchial tightness, and early clinical trials have explored its role in supporting comfortable breathing.

Mullein — A beloved lung herb in both European and American folk medicine, mullein brings two complementary actions to this formula. Its naturally occurring mucilage coats and soothes irritated airways, while its saponin compounds help the respiratory tract move along excess mucus, supporting clearer, more comfortable breathing day to day.

***Inula racemosa* (*Pushkarmool*)** — This Himalayan root has a long Ayurvedic history as a respiratory and heart-supportive herb. Animal studies confirm it helps stabilize mast cells, reduce histamine activity, and lower the kind of airway sensitivity that can make breathing feel difficult — all properties that make it a valuable addition to a bronchial support blend.

***Pistacia integerrima* Gall** — The unusual horn-shaped galls of this Himalayan tree are among the most thoroughly studied Ayurvedic ingredients for respiratory wellness. Preclinical research confirms they help stabilize the cells that release histamine, support a balanced inflammatory response in the airways, and have been used in traditional practice specifically for asthma and breathing discomfort.

***Hedychium spicatum* (*Kapur Kachri*)** — Called Shati in Ayurveda and prized as a primary anti-asthma herb in classical texts, this fragrant ginger-family rhizome has shown dose-dependent antihistamine activity in preclinical studies, helping to ease histamine-triggered bronchospasm. Its antioxidant compounds add an extra layer of protection for respiratory tissues.

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