



NATURE'S SUNSHINE

Respiratory System

GOOD FOR

Respiratory System

Lungs

Sinuses

SIZE **60 packets**

ITEM # **5386**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take the contents of one AM packet with breakfast; take the contents of one PM packet with your evening meal. Follow this pattern for 30 days.

— How the Key Ingredients Work

This carefully crafted blend draws on time-honored herbs from Ayurveda, Traditional Chinese Medicine, and European botanical traditions, working together to soothe airways, support healthy immune responses, and help keep your respiratory system functioning at its best.

Mullein — One of the most beloved lung herbs in Western folk medicine, mullein has been used for centuries to soothe irritated airways. Its natural mucilage coats and calms inflamed respiratory tissue, while its saponins act as gentle expectorants to help keep airways clear and comfortable.

Malabar Nut — Known as *Adhatoda vasica* in Ayurveda, this traditional remedy has been studied in animal models for its ability to support open, relaxed airways. Its key active compounds have shown bronchodilatory and anti-inflammatory effects, making it a cornerstone herb for respiratory wellness support.

Platycodon Root — Called balloon flower root for its distinctive buds, this East Asian herb has a long history of use for coughs and wheezing. Preclinical studies show it may help calm overactive airway responses and support a balanced immune reaction in the lungs, particularly in allergy-related respiratory concerns.

Picrorhiza Kurroa — This bitter Himalayan root, known as Kutki, has been investigated in several human clinical studies for bronchial support. A compound it contains has been shown in research to help block certain triggers of bronchial tightness, and traditional Himalayan medicine has long relied on it for respiratory and lung health.

Tylophora — Used in Indian traditional medicine for generations, Tylophora has been evaluated in multiple controlled human trials for asthma and allergic respiratory symptoms. Several studies showed meaningful symptom relief compared to placebo, making it one of the more clinically explored botanicals in this formula for breathing support.

Inula Racemosa — Known as Pushkarmool in Ayurveda, this Himalayan herb has been studied in animal models for its ability to help ease bronchial tightness, stabilize mast cells, and reduce histamine-related airway responses. Early clinical work also explored its use alongside other herbs for respiratory and heart health support.

Pistacia Integerrima Gall — The distinctive galls of this Himalayan tree are among the most researched Ayurvedic ingredients for asthma support. Multiple preclinical studies confirm that the gall extract helps stabilize the immune cells involved in allergic airway reactions and supports a calmer, less reactive respiratory environment.

Astragalus — This revered root from Traditional Chinese Medicine is best known for its immune-supporting properties. Research shows it helps balance the body's immune response — a benefit that extends to seasonal allergy and respiratory wellness. A clinical trial also found it helpful as an add-on approach for seasonal allergic rhinitis symptoms.

Hedychium Spicatum — Known in Ayurveda as Shati or Kapur Kachri, this fragrant ginger-family rhizome has been shown in preclinical studies to block histamine-triggered bronchospasm in a dose-dependent way. Traditional Ayurvedic texts list it as a primary herb for breathing difficulties, and modern research supports its antihistaminic and antioxidant actions.

 (888) 510-7196  service@caringsunshine.com

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