



Category 1
Liquid Special Formulas
(E=Extract T=Tincture)



RESP PLUS (E)
(Respiratory) #15200
100 ml

Description: RESP: a valuable formula for treating respiratory problems such as asthma, bronchitis, coughs, respiratory tract infections, shortness of breath, colds etc.

Contents / Ingredients	Traditional Therapeutic Action
Elecampane (Inula helenium)	<ul style="list-style-type: none"> • effective against bacterial and fungal infections and acts as an alternative cleansing toxins and stimulating the immune and digestive system • strengthens the lungs and promotes expectoration • quiets coughing • soothes respiratory tract • used to help bronchitis
Wild Cherry (Prunus avium)	<ul style="list-style-type: none"> • a sedative action on the respiratory nerves • loosens phlegm in throat and chest and tones the system • good for colds, fevers and asthma
Irish Moss (Chondrus crispus)	<ul style="list-style-type: none"> • contains an abundance of mucilaginous essence that soothes inflamed and ulcerated surfaces • helps dry cough and sore throat
Hyssop (Hyssopus offic.)	<ul style="list-style-type: none"> • very good for bronchitis, upper respiratory infections and congestions • feverish illnesses and coughs in children
Anise seed (Pimpinella anisum)	<ul style="list-style-type: none"> • helps relieve spasms and cramping • contains chemicals (creosol and alpha-pinene) that loosen bronchial secretions
Fresh Horseradish (Cochleria amoracia)	<ul style="list-style-type: none"> • has a lignan called fagarol which is toxic to cancer & viruses • removes obstructions in every part of the body • a general stimulant, to enhance herbs in this formula

SUGGESTED DOSAGE: 1/2 to 1 1/2 tsp three times daily. Will help **lung congestion, sinus congestion & headaches, asthma, etc.** Especially good when taken with **Echinacea** for colds and flu that congest lungs and bronchial. An effective post smoking formula as it helps the process of cleaning the lungs and gaining respiratory health.

CAUTION: Do not use when pregnant.