

# LUNG FORMULA

## Supports Healthy Lungs and Breathing<sup>◊</sup>



**How does Lung Formula support healthy lung function?** You can breathe easy knowing that there is a supplement available to support healthy lung function.<sup>◊</sup> Lung Formula is a combination of amino acids (like n-acetyl-cysteine), carotenoid phytonutrients, pleurisy-root, and other nutrients, herbs, and herbal extracts traditionally used by different cultures around the world to support lung function.<sup>◊</sup> Lung Formula promotes your body's natural process of respiration, while providing comprehensive nutritional support to your lungs.<sup>◊</sup>

### **Provides Nutritional Support for Air Quality Challenges<sup>◊</sup>**

The lungs are the gateway for our breath of life. Every breath we take brings in oxygen that will burn fuel for energy. The air we breathe out removes spent gases from our system and cleanses our blood of many waste products from metabolism, particularly carbon dioxide.

In our highly industrialized society, our lungs are exposed to much higher levels of pollutants than ever before. Every day we inhale not only multiple emissions from combustion of fossil fuels generated from highway and air traffic, but also microscopic particles from other substances. Cigarette smoke, although better controlled than in past decades, still permeates much of the air we breathe.

Since supporting and maintaining healthy lung function is crucial for good health and quality of life, doesn't it make sense to provide your lungs with additional nutritional support for all the challenges they face on a daily basis?

### **Includes Synergistic Herbs**

Lung Formula is a synergistic combination of key nutrients and multiple herbs traditionally known and used by many different indigenous cultures for their value in naturally supporting healthy lung function.<sup>◊</sup>

**Pleurisy Root** (*Asclepias tuberosa*) has long been used as a source of nutritional support for the lungs, as its common name implies.<sup>◊</sup> Like all plants in this unique formula, pleurisy root helps retain the health of the lining of the lungs, the airways (bronchial tubes), bronchial muscles, and helps maintain normal amounts of mucus in the mucus membranes.<sup>◊</sup> It contains key flavonoids, such as rutin, kaempferol, quercetin, and isorhamnetin, as well as compounds known as cardenolides. The most prominent of the cardenolides is asclepiadin, named for the genus of this plant which carries the name of the founder of medicine in Greek mythology, Aesclepius.

**Mullein** (*Verbascum thapsus*) contains about 3% mucilage and small

amounts of tannins and saponins. The mucilage component supports the health of the mucus membranes, whereas the tannins and saponins likely assist in maintaining normal amounts of mucus in these membranes.<sup>◊</sup>

**Horehound** (*Marrubium vulgare*) is a perennial plant with small white flowers that grow wild throughout Europe and Asia. Horehound contains many compounds including volatile oils, diterpenes, flavonoids, and alkaloids. Galen, the noted physician of ancient Rome, wrote of the usefulness of this plant in supporting and maintaining healthy lung function.<sup>◊</sup>

**Fenugreek** (*Trigonella foenum-graecum*) seeds contain volatile oils, alkaloids, saponins, flavonoids, and mucilaginous components. These seeds have a long history of use as a spice, and have been widely used in the ancient Ayurvedic system of health practices for thousands of years. In botanical literature, Fenugreek has been

documented as a supporter of the bronchial muscles.<sup>◊</sup> Combined with other qualities it becomes an outstanding food for maintaining healthy lung function.

**Yerba Santa** (*Eriodictyon californicum*) is a rich natural source of mucopolysaccharides and glycoproteins. Its well-known supportive attributes for healthy moisture levels in mucus membranes sustained its use as a special food by many Native American tribes for centuries.<sup>◊</sup>

**English Ivy Leaf** (*Hedera helix*) helps to maintain healthy levels of mucous within the bronchial lining according to animal studies.<sup>◊</sup>

**Carotenoids: Antioxidants That Protect and Maintain Healthy Lung Function<sup>◊</sup>**

Because our lungs are exposed to so many substances that generate high levels of free radicals (the

highly reactive molecules that start chain reactions which attack cell membranes and DNA), an extra amount of natural carotenoid complex is included in Lung Formula. Natural carotenoid complex plays a key role in helping protect and maintain healthy lung function.<sup>◊</sup> Both natural carotenoids and vitamin A (into which certain carotenoids are converted in the body) function as antioxidants. As antioxidants they protect the mucus membranes that cover the lining of the lung's airways from free radical attack.<sup>◊</sup>

**Supports Natural Mucolytic Process With NAC**

N-acetyl cysteine (NAC), another important antioxidant in Lung Formula, is a specialized form of the sulfur containing amino acid L-cysteine. This important amino acid aids the body's own natural

processes of thinning and removing mucus secretions from the lung, an action termed mucolytic. Double blind studies have shown that dietary supplements of NAC help promote healthy lung function.<sup>◊</sup> NAC also functions as an antioxidant, and contributes to the production of glutathione. Glutathione is a cysteine containing tripeptide (linkage of 3 amino acids) and is one of the body's most important protective antioxidant systems.

Healthy lungs begin with a diet rich in a variety of fruits, vegetables, high-quality protein and essential fats, clean water, regular exercise and the avoidance of as many air pollutants as possible. These important steps along with nutritional support from Lung Formula will ensure your respiratory systems is provided with the nutrients it needs to help you breath free and easy — for a lifetime.

**REFERENCES:**

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Supplement Facts			
Serving Size / 1 Tablet			
Servings Per Container / 60			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	375 mcg RAE 42%	Horehound Aerial Parts Extract	60 mg *
N-Acetyl L-Cysteine	100 mg *	Mullein Leaf	35 mg *
Pleurisy-Root Root	170 mg *	Yerba Santa Leaf	65 mg *
Fenugreek Seed	40 mg *		
English Ivy Leaf Extract	80 mg *		

INGREDIENTS: Calcium Carbonate, Pleurisy Root (Butterfly Weed; *Asclepias tuberosa* L.) Root, N-Acetyl L-Cysteine, English Ivy (*Hedera helix* L.) Leaf Extract, Yerba Santa (*Eriodictyon californicum* (Hook. & Arn.) Torr.) Whole Herb, Horehound Aerial Parts Extract, Microcrystalline Cellulose, Fenugreek Seed, Mullein (*Verbascum thapsus* L.) Leaf, Silica, Stearic Acid, Beta-Carotene, and PhytoZyme<sup>®</sup> proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini).

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As with all dietary supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care, taking prescription medication or have seizure disorders.

Formulated in the exclusive PhytoZyme<sup>®</sup> base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

Allergy Information: This product is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegetarians.

**DIRECTIONS:** One tablet two times a day to support healthy breathing and lung function.<sup>◊</sup>

◊These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.