



# The Practical Guide to Respiratory Health

How to Support Your  
Respiratory System  
Throughout the Seasons

HERBAL

MEDICINE

This practical guide to respiratory health is designed to help you stay healthy all year round. It enables you to choose the ideal healing regimen that your body needs to address respiratory challenges and maximize lung function.

## Acute Cold Support

**Situation:** You need to support and promote respiratory health during a cold. You want to keep the chest and sinuses open, the mucus flowing and cool the feeling of excessive heat in the lungs.

**Solution:** Respiratonic® is specific for acute lung conditions. It promotes healthy inflammatory response of respiratory membranes. It is an all-purpose expectorant that loosens mucus secretions and soothes the respiratory passages. Respiratonic® hydrates lung tissues, dilates the bronchioles, stimulates general immune resistance and increases lymphatic drainage of the lungs.



Contains: Echinacea angustifolia root<sup>1</sup>, Osha root, Licorice root<sup>1</sup>, Yerba Mansa root, Yerba Santa leaf, Pleurisy Root root, fresh Grindelia flower and Ginger root<sup>1</sup>.

<sup>1</sup>Certified Organic

## Resolve Challenges

**Situation:** You've had a respiratory challenge that has been ongoing for a few weeks. You want out of this vicious cycle, need to overcome the adversity and aim to restore optimal and healthy pulmonary system function.

**Solution:** Phytocillin® restores respiratory harmony by helping the immune system mount a vigorous defense of the respiratory, sinus, throat and middle ear tissues. It boosts and regenerates the integrity of the pulmonary and immune tissues. It strengthens and enables the respiratory system to withstand and overcome adversities.



Contains: Usnea lichen, Yerba Mansa root, Propolis gum, Echinacea angustifolia root<sup>1</sup>, Licorice root<sup>1</sup>, Oregon Grape root and Hops strobile<sup>1</sup>.

<sup>1</sup>Certified Organic

## Acute Flu Support

**Situation:** You want to support and promote lung health while confronting the flu. You need to dissolve thick mucus, restore healthy inflammation of the lungs and strengthen the tissues' ability to stay strong during the encounter.

**Solution:** Loviral™ is a potent formula designed specifically to support immune system function during virulent respiratory challenges. It initiates a vigorous immune response and supports healthy sinuses, throat and lung tissues. It modulates immune system function. It thins mucus, stimulates its expectoration and lures white blood cells to the challenged respiratory area. It promotes healthy lung inflammatory response.



Contains: Lomatium root, Pelargonium [umckalaoabo] root, Osha root, fresh Elder berry, Andrographis herb, fresh Boneset herb, Honeysuckle flower, fresh Grindelia flower, Elecampane root<sup>1</sup>, Echinacea angustifolia root<sup>1</sup>, Licorice root<sup>1</sup>, Elder flower, fresh Yarrow flower top<sup>1</sup> and fresh Lobelia herb in bladder seed stage.

<sup>1</sup>Certified Organic

## Acute Support

Hydrate and support your respiratory system

*For maximum benefits, follow this regimen at the first sign of a respiratory challenge. Continue full force with this program until all evidence of the challenge is gone.*

- Six glasses of water throughout the day
  - One cup of chicken, vegetable or miso broth every three to four hours
  - One serving of carrots, butternut squash, sweet potato or organic liver per day
  - **Cold:** One Respiratonic® softgel or 30 drops of liquid extract three to five times per day
  - **Flu:** One Loviral™ softgel or 30 drops of liquid extract every two to three hours
  - 25,000 units of vitamin A (from fish oil) twice a day
  - 500 mg. of vitamin C every two hours
  - One garlic capsule/tablet every two to three hours
- If the respiratory challenge persists, add two Phytocillin® softgels or 60 drops of liquid extract five times a day until all symptoms completely disappear.

## Long-Term Support

**Situation:** You are dealing with a chronic progressive respiratory challenge. It's an ongoing issue for you and finds you coughing, fatigued and weak. You need to enhance and maximize the function of healthy tissues and facilitate removal of pulmonary wastes.

**Solution:** Lung Tonic™ is the ideal formula for long-term management of pulmonary challenges. It supports the respiratory system by stabilizing and optimizing lung functions. It strengthens the connective tissues of the lungs, stimulates the production of thin mucus and enhances the integrity of the respiratory cells where the exchange of oxygen and carbon dioxide occurs.



Contains: Fresh Mullein leaf<sup>1</sup>, Horehound herb<sup>1</sup>, Elecampane root<sup>1</sup>, fresh Grindelia flower, Echinacea angustifolia root<sup>1</sup>, Pleurisy Root root, fresh Passionflower herb tip, Osha root, fresh Lobelia herb in bladder seed stage and Yerba Santa leaf.

<sup>1</sup>Certified Organic

## Long-Term Support

Maintain and optimize your respiratory system

*For maximum benefits, start and continue the following program on an ongoing basis. It offers long-term support for your lungs.*

- Eight glasses of water throughout the day
- At least one serving of carrots, butternut squash, sweet potato, cantaloupe, pumpkin, winter squash or organic liver per day
- At least one serving of green leafy vegetables including spinach, Swiss chard, green chard, collards, kale, parsley, cilantro or other greens per day
- One Lung Tonic™ softgel or 25 drops of liquid extract three times a day
- One softgel or 18 drops of ChlorOxygen® Chlorophyll Concentrate with water twice a day
- 25,000 units of vitamin A (from fish oil) once a day
- 500 mg. of vitamin C twice a day
- One garlic capsule/tablet daily

## Oxygenate Blood

**Situation:** You are experiencing fatigue, exhaustion and want to maximize your body's ability to capture oxygen. You want to bring more oxygen to your cells. You need optimal red blood cell levels. You want to feel energized when living or visiting high altitude areas.

**Solution:** ChlorOxygen® Chlorophyll Concentrate satisfies your body's hunger for oxygen. It builds healthy red blood cells and promotes their ability to capture and distribute oxygen throughout your body. The more your tissues are oxygenated, the better your energy level.



Contains: Sodium copper chlorophyllins (extracted from Stinging Nettle): 50 mg per serving. Sodium: 10 mg per serving.

## Soothe Coughs

**Situation:** You are coughing. Your throat feels hoarse, raw and irritated. Your lungs are congested. You need to coat your throat, stop the irritation of the tissues and facilitate the removal of mucus.

**Solution:** Osha Root Cough Syrup calms coughs. It provides a protective coating to the throat tissues. It quiets the mucous membranes and restores the proper lubrication of the throat. It promotes expectoration, liquefies lung secretions and restores healthy inflammatory response of the respiratory tissues.



Contains: Osha root, White Pine bark, Black Cherry bark, Spikenard root, Balsam Poplar bud and Bloodroot root in a glycerine/gum arabic syrup base.



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## Additional Respiratory Support

### Ear Support

**Situation:** You need to stop a middle-ear fluid imbalance accompanied by discomfort, especially in children. You want to reduce tissue irritation and restore ear canal balance.

**Solution:** Mullein/Garlic Ear Drops is specific for middle ear health. It soothes discomfort, acts as a gentle bacteriostatic agent and optimizes pH level of the ear canal. It stimulates the absorption of accumulated fluids and promotes healthy inflammatory response of the auditory tissues. Note: For external use only.



Contains: Mullein flower, fresh Garlic (fresh cloves<sup>1</sup> and oil) in a base of Olive oil and Vitamin E.

<sup>1</sup>Certified Organic

### Cessation Support

**Situation:** You are a determined individual who has decided to quit smoking. You need help in controlling the urge to light up. You feel edgy, nervous, irritable and spacey.

**Solution:** Smoke Free<sup>®</sup> is the ideal herbal formula to support your cessation program. It reduces edgy feelings, curbs cravings, calms the nervous system, dilates the bronchioles and clears congested lungs. It is not habit forming.



Contains: Fresh Lobelia herb in bladder seed stage, fresh Oat seed in milky stage<sup>1</sup>, Osha root, Licorice root<sup>1</sup>, fresh Passionflower herb tip, Pleurisy Root root, fresh Grindelia flower, fresh Mullein leaf<sup>1</sup> and Ginger root<sup>1</sup>.

<sup>1</sup>Certified Organic

### Throat Support

**Situation:** You need to protect and soothe your throat. You've been singing, screaming, cheering, shouting or talking loudly for an extended period of time.

**Solution:** Singer's Saving Grace<sup>®</sup> promotes voice clarity and vocal comfort. It moistens and lubricates throat tissues. Soothes the feelings of throat dryness. A blessing for anyone with a sore throat from seasonal challenges or vocal cord strain.



Contains: Yerba Mansa root, fresh Stoneroot root, Licorice root<sup>1</sup>, Jack-in-the-pulpit root, Propolis gum, Echinacea angustifolia root<sup>1</sup> and Ginger root<sup>1</sup>. (Osha root found in Extra Strength Original and Professional Strength only).

<sup>1</sup>Certified Organic

Flavors: Available in Extra Strength (with Osha root), Honey Lemon, Cool Mint and Serious Cinnamon. Alcohol Free Professional Strength (with Osha root) and Citrus & Honey.

ACTION	COLDS	RESOLVE	FLU	LONG-TERM	OXYGENATE	SOOTHE
<b>Your Goal:</b>	Support respiratory health during colds*	Conquer lingering lung conditions*	Promote lung health during virulent challenges*	Support during chronic respiratory conditions*	Build better blood and oxygenate body's cells*	Calm cough and quiet respiratory tissues*
<b>You Need:</b>	<b>Respiratonic<sup>®</sup></b>	<b>Phytocillin<sup>®</sup></b>	<b>Loviral<sup>™</sup></b>	<b>Lung Tonic<sup>™</sup></b>	<b>ChlorOxygen<sup>®</sup></b>	<b>Osha Root Cough Syrup</b>
<b>How it works:</b>	Loosens mucus, cools and hydrates lung tissues* Increases lung lymphatic drainage*	Mounts a vigorous defense of respiratory tissues* Creates a healing lung environment*	Promotes healthy lung inflammatory response* Sanitizes and cleanses lung environment*	Provides ongoing lung support* Stabilizes and optimizes pulmonary function*	Supports normal production of red blood cells* Satisfies body's hunger for oxygen*	Regulates and moderates mucus production* Promotes expectoration of thick mucus*
<b>Suggested Use:</b>	One softgel or 30 drops three to five times a day	Two softgels or 60 drops five times a day	One softgel or 30 drops every two to three hours	One softgel or 30 drops three times a day	One softgel or 18 drops twice a day	One teaspoon to one tablespoon every three to four hours

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



## ABOUT HERBS, ETC.

Since 1969, Herbs, Etc., makers of exceptional natural medicines, has been harnessing the healing power of nature to create and deliver professional strength, formula-based dietary supplements.

The Herbs, Etc. family of products features a line of: fast-acting liquid herbal softgels, professional strength liquid herbal extracts and alcohol-free liquid herbal extracts.

Daniel Gagnon, owner of Herbs, Etc. and a medical herbalist since 1976, has been an early proponent of the healing properties of herbs. His focus is on creating synergistic medicinal formulations that are unique, safe and effective.



Solutions You Trust<sup>®</sup>

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