

Fenugreek and Thyme (100 Capsules)

 lilyandloafinternational.com/products/fenugreek-thyme

Nature's Sunshine

Fenugreek herb contains mucilaginous compounds, known for their ability to soothe tissues

£ 13.45 GBP

885

- A balanced combination of time-honoured herbs
- Excellent herbal source of Selenium, an antioxidant that helps the body utilise oxygen
- Full 90-day money-back guarantee

How will Fenugreek & Thyme help me?

This long-standing Nature's Sunshine formula is a carefully balanced combination of two well known, time-honoured herbs. Fenugreek herb contains mucilaginous compounds, which are gel-like substances known for their ability to soothe tissues. It is also an excellent herbal source of Selenium, an antioxidant that helps the body utilise oxygen. Thyme is traditionally known for its association with the respiratory system.

The Respiratory System

The respiratory system is responsible for supplying oxygen to the blood and expelling waste gases. Without life-giving oxygen, cells cannot utilise the energy resources that are available to them and so cannot function. Without oxygen, body cells start dying within minutes. If the efficiency of the respiratory system begins to diminish, any energy stored in the body must be released at a slower rate. Since oxygen is so vital to the energy needs of the body, it is essential that we maintain healthy lungs by breathing unpolluted air as much as possible and by supplying the body with good nutrition.

The respiratory tract, which is especially vulnerable to particles floating in the air due to pollution, has several ways of dealing with these particles. For example, the cough and the sneeze reflexes keep the passageways of the lungs clear of foreign matter. The hairs in the nose trap irritants, contaminants, bacteria, viruses, fungi, vehicle exhaust fumes and other materials. But not all particles are trapped here. If particles are trapped further down in the tract, bronchitis and other breathing difficulties may result.

Why should I buy from Lily & Loaf?

Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensure that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course, our 90-day money back guarantee!

90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

Simple & Fast Worldwide Delivery

We offer a fast delivery service across the UK and indeed throughout the world. So, no matter where you live, buying from Lily & Loaf is a simple and risk-free process. Start your journey today with Lily & Loaf. We know that when you try our products, you'll become a Lily & Loaf lover too.

Ingredients

Fenugreek Seeds (*Trigonella foenum-graecum*), Thyme Leaves (*Thymus vulgaris*), gelatin and water.

Recommended Use

Take two capsules with a meal twice daily.

Do not exceed the stated recommended daily dosage.

Food Supplements should not be used as a substitute for a balanced diet. Always consult your Doctor or Pharmacist before taking food supplements when you are on prescribed medication.