



- Promotes healthy bronchial function
- Helps maintain normal leukotriene metabolism
- Supports proper respiratory and bronchial function

## Support for the respiratory system

**Respiratory Ez** is a formula designed to support normal breathing and airway functions.

Lobelia maintains healthy bronchial functioning, and also supports healthy leukotriene metabolism, which subsequently protects healthy sinus function. Hyssop is high in resins and volatile oils that can further assist in promoting healthy sinus function. Rosmarinic Acid and quercetin both have potent antioxidant activity capable of supporting normal immune response. This

Am	ount Per Serving	% Daily Val
Organic Holy Basil leaf (Ocin	num tenuiflorum)	825 mg †
Organic Hyssop herb (Hysso	pus officinalis)	300 mg †
Organic Lobelia herb and se	ed (Lobelia inflata)	300 mg †
Rosemary extract 45:1 (Rosr	marinus officinalis)	225 mg †
Quercetin (Sophora japonica	a)	225 mg †
Minimum Constituent Bi	oMarker Per Dose	
Rosmarinic Acid	90 mg	

Other ingredients: Vegetable Capsule (cellulose), rice flour

formula maintains healthy respiratory mucous membrane function and can help maintain neutrophil and eosinophil activity. Quercetin is a bioflavonoid and is optimally absorbed in its natural form. It helps to support the body's normal inflammatory response via balancing mast cell histamine release.



### Herbal Foundation of "Respiratory EZ"

### LOBELIA

Supports normal leukotriene metabolism, and maintains healthy bronchial and sinus health.

### **HYSSOPUS**

Contains volatile oils such as pinocamphone, which is believed to account for its ability to loosen mucous and attenuate respiratory symptoms.

#### **ROSMARINIC ACID**

Supports a healthy immune response, modulates NF-kB, and supports healthy respiratory function.

95% of our herbs and herbal extracts are certified organic or ecologically wildcrafted.

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# **Supplementation**

• Take one to three capsules twice daily. Suggested dose should not be exceeded unless directed by your health care practitioner. Take with food.

# **Diet & Lifestyle**

- Eliminate as much physical, emotional, and environmental stress as possible.
- Exercise moderately for 12-15 minute intervals, 2 4 times daily.
- In order to maintain optimal blood sugar levels, eat small frequent meals (on the order of six daily) that are balanced in protein and carbohydrates.
- Avoid known allergens.
- Get plenty of rest.



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