



# FAST FACTS ABOUT HERBAL RESPIRATORY FORMULA

Herbalists have long known that a healthy and unrestricted respiratory system, free from allergic reactions, allowing the lungs to fill completely with life-giving oxygen, is critical to optimal wellness, and that certain herbs work to support the respiratory system to help prevent periods of imbalance. GNLD's Herbal Respiratory Formula contains a unique blend of herbs to support balanced respiratory function necessary to help you breathe freely and resist the negative effects of pollution, bacteria, and allergens, especially with regard to bronchial and pulmonary air flow.

## WHY CHOOSE HERBS TO SUPPORT RESPIRATION?

- Because herbs have been proven effective from centuries of use.
- Because herbs have a long history of safe use, without the side effects associated with chemical drugs.
- Because herbs are nature's solutions to wellness challenges.
- Because herbs are non-habit-forming.
- Because herbs work naturally and gently to support normal respiratory function.
- Because herbs have been shown to restore the body's balance and help the body perform at its vital best.
- Because herbs have been shown to help relieve mild respiratory complaints and help fight mild respiratory infections.

## WHY GNLD HERBAL RESPIRATORY FORMULA?

- **Comprehensive formula.** Our unique "complete family" approach to the formula provides broad, synergistic effects of the herbal constituents, which optimize their ability to support a healthy respiratory tract.
- **Herbs are selected from many global traditions**, bringing you the best herbal knowledge from around the world.
- **Contains Elecampane Root**, which has been shown to support lung function, help relieve coughing, stimulate bronchial secretions, and help ward off infections of the lower respiratory tract.
- **Contains Nettle Leaf and Elder Flower**, which have been shown to help fight minor symptoms of allergies and hay fever and help reduce congestion.
- **Contains Thyme and Aniseed** that both assist clear and uncongested airflow, especially in the bronchial area and lungs.
- **Guaranteed purity, potency, and consistency.**
- **100% natural herbal formula** contains no chemical or animal products.





The following benefits have been attributed to the herbs contained in GNLD's Herbal Respiratory Formula by master herbalists:

<b>HERB</b>	<b>ACTIONS AND BENEFITS</b>
<b>Elecampane — root</b> <i>(Inula helenium)</i>	Promotes clear, calm and healthy bronchial and pulmonary mucosa, free of spasms and restrictions; encourages regular air flow. Supports a strong immune system.
<b>Nettle — leaf</b> <i>(Urtica dioica)</i>	Supports a healthy respiratory response to pollen and other common allergens. Promotes efficient kidney function.
<b>Thyme — herb</b> <i>(Thymus vulgaris)</i>	Encourages calm and unrestricted air flow and, healthy and clear lungs. Calms and soothes distressed tissue. Promotes vitality and healthy immune responses.
<b>Elder — flower</b> <i>(Sambucus nigra)</i>	Supports normal temperature levels; soothes distressed tissue. Promotes healthy, normal moisture content along airway passages; encourages regular airflow.
<b>Aniseed — seed</b> <i>(Pimpinella anisum)</i>	Promotes clear, relaxed breathing, free of spasms and restrictions. Encourages normal moisture content of airway mucosa. Also calms and quiets digestion.
<b>Licorice — root</b> <i>(Glycyrrhiza glabra)</i>	Calms and soothes distressed tissue. Assists a clear, relaxed respiratory response to pollen and other common allergens. Encourages normal moisture content of airway mucosa.
<b>Bayberry — root bark</b> <i>(Myrica cerifera)</i>	Encourages normal moisture content of airway mucosa and clear, regular air flow. Promotes healthy blood circulation. Also calms digestion.

Chevallier, A., *Encyclopedia of Medicinal Plants*,  
Dorling & Kiindersley Ltd., London, 1996.  
Hoffman, D., *The Complete Illustrated Holistic Herbal*,  
London, 1996.

Hsu, Hong-Yen, *Oriental Materia Medica*, Keats Publishing  
Company, New Canaan, CT, 1986.  
McIntyre, A., *The Complete Woman's Herbal*,  
Gala Books, Ltd., London, 1994.

## HERBAL RESPIRATORY FORMULA

### SUGGESTED USE: 1 tablet each morning and night.

The herbs elecampane, thyme and aniseed promote regular, unrestricted bronchial and pulmonary airflow. The herbs elder flower and licorice promote a healthy, clear bronchial lining.\*

\* 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.

Herbalists know that healthy and unrestricted respiration, free from allergic reactions, is critical to optimal health. Herbal Respiratory Formula's unique blend of herbs supports the body's natural respiratory balance.

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Distributed by:



**GNLD International, LLC**  
Fremont, California 94538 U.S.A.

**Golden Neo-Life Diamite International, Ltd.**  
Bridgetown, Barbados, W.I.  
Kingston, Jamaica, W.I.  
Port of Spain, Trinidad, W.I.

Leading edge nutrition since 1958.

### Supplement Facts

Serving Size 1 Tablet

#### Amount Per Serving

Herbal Extract Blend	301 mg†
Elecampane ( <i>Inula helenium</i> ) (root) (5:1); Nettle ( <i>Urtica dioica</i> ) (leaf) (5:1); Thyme ( <i>Thymus vulgaris</i> ) (herb) (5:1); Elder ( <i>Sambucus nigra</i> ) (flower) (4:1); Aniseed ( <i>Pimpinella anisum</i> ) (seed) (5:1); Licorice ( <i>Glycyrrhiza glabra</i> ) (root) (5:1); Bayberry ( <i>Myrica cerifera</i> ) (root bark) (4:1).	

† Daily Value not established

Other ingredients: Microcrystalline cellulose, sodium croscarmellose and magnesium stearate.

Store in a cool, dry place, away from direct sunlight.



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