

## **Lung Tonic (Item # 4005)**

Formulated To Support Lung Function and Capacity

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Lung Tonic is a combination of Chinese and Western herbs formulated to support overall Lung function. The primary effect of this formulation is to heal weak or compromised lung tissue and chronic respiratory congestion. Immune system response is improved by the addition of herbs such as Marshmallow Root. Licorice and Mullein soothe the Lungs removing inflammations and/or irritations associated with poor lung function and respiratory infection/disease. Other herbs like Eucalyptus help in removing excess mucous from deep within the lung structure. Ginger Root brings the circulation back to the lung tissue inducing a mild cleansing effect throughout. If you smoke we recommend that you take this formulation 2 ~ 4 times a year for 30 days to improve respiration and may protect the lung tissue from additional damage.

### **Dosage:**

Take 2 vegi-capsules, 3 times daily (6 per day) or as directed by a qualified health professional.

***Lung Tonic is intended to be used as a medicinal formula.***

***As such, it need not be consumed for periods lasting more than 30 days at the suggested dosage.***

***This formula is not intended nor needed to be taken continuously.***

***Allow 30 days between dosage periods.***

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## **Ingredients Explained**

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**Fritillaria Roylei** - The bulb is antiasthmatic, anti-rheumatic, febrifuge, galactagogue, haemostatic, ophthalmic and oxytocic. It is boiled with orange peel and used in the treatment of TB and asthma.

**Coltsfoot** - Coltsfoot combines a soothing expectorant effect with an anti-spasmodic action. There are useful levels of zinc in the leaves. Zinc has been shown to have marked anti-inflammatory effects. Coltsfoot may be used in chronic or acute bronchitis, irritating coughs, whooping coughs and asthma. Its soothing expectorant action gives Coltsfoot a role in most respiratory conditions, including the chronic states of emphysema.

**Loquat** - The loquat is one of the most popular cough remedies in the Far East. It is the main ingredient that many pharmaceuticals chemically emulate in drugs. The leaves are analgesic, antibacterial, antiemetic, antitussive, antiviral, astringent and expectorant. A decoction of the leaves or young shoots is used as an intestinal astringent and as a mouthwash in cases of thrush and also in the treatment of bronchitis, coughs, feverish colds.

**Mullein** - Its high mucilage content and mild saponins (a foaming and emulsifying agent) make it a soothing support for the respiratory system. Mucilage absorbs water in the windpipe and becomes slippery. Mullein has both mucilant and astringent properties. Its powerful healing abilities make it useful for healing weak lung tissue and chronic respiratory congestion.

**Cynanchum Japonicum** - This plant possesses antitussive and expectorant properties. A decoction is used in the treatment of lung congestion, fullness of chest, shortness of breath, and rasping throat.

**Licorice Root** - Powdered licorice root is an effective expectorant, and has been used for this purpose since ancient times, especially in Ayurvedic medicine where it is also used in tooth powders. Modern cough syrups often include licorice extract as an ingredient. Additionally, licorice may be useful in conventional and naturopathic medicine for both mouth ulcers and peptic ulcers.

**Marshmallow Root** - Marshmallow formulations are recognized for their ability to soothe and soften irritated tissue, particularly mucous membranes, and to loosen a cough. Marshmallow also mildly stimulates the immune system. Preparations of the root are also used to relieve local irritations and soothe irritated mucous membranes in a sore throat accompanied by a dry cough, stimulate the immune system, slow down lung congestion, and relieve mild inflammation of the mucous membranes of the digestive tract.

**Eucalyptus Root** - Eucalyptus has been used by the Aborigines people of Australia as a medication for respiratory infections. It's now used commonly in medications that are used to treat cough and cold symptoms. Research has shown that eucalyptus has antiseptic properties.

Eucalyptus is also known for its warming effect. That's what makes it so nice when you rub eucalyptus oil all over the chest during a cold. It provides soothing comfort.

**Ginger Root** - Ginger, the underground stem, or rhizome, of the plant *Zingiber Officinale* has been used medicinally in Asian, Indian, and Arabic herbal traditions since ancient times. In China, for example, ginger has been used to aid digestion and treat stomach upset, diarrhea, and nausea for more than 2,000 years. Since ancient times, ginger has also been used to treat arthritis, colic, diarrhea, and heart conditions. In addition to these medicinal uses, ginger continues to be valued around the world as an important cooking spice and is believed to help the common cold, flu-like symptoms, headaches, and even painful menstrual periods.

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## Ordering Information

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**Lung Tonic (*Item #4005*)** 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.