

BRONCHIAL WELLNESS

Structure/Function message here. *

DIRECTIONS

Sustained Use - Adults Only: 2 teaspoons, twice daily

Acute Use - Adults and Children over 12 years: 1 teaspoon, 4 times daily

Acute Use - Children 6-12 years: ½ teaspoon, 4 times daily

Or as directed by a qualified health care practitioner

This product may also be dissolved in warm liquids such as water or tea.

DESCRIPTION OF FORMULA

Plantain has a rich history of use and is renowned as a comforting and restoring herb. Highly regarded in the Highlands of Scotland, Plantain was called 'Slan-lus,' which is the Gaelic term for 'plant of healing'. It was so important in fact, Plantain was referred to as one of the "Nine Sacred Herbs" by 10th century Anglo-Saxons.*

Legends of Plantain usefulness are not restricted to Europe alone as it has been used amongst almost every culture where it has taken root. Plantain is almost universally recognized for its soothing, emollient qualities and quickly became a staple plant for many herbal traditions. Plantain supports tired, damaged tissues by lending its highly mucilaginous properties towards restoration.*

Scientific investigation has focused on Plantain's unique chemical profile which provides vital nutrients such as beta-carotene as well as powerful phytochemicals like chlorogenic and neochlorogenic compounds. These compounds add to the emollient qualities of Plantain and act synergistically to provide antioxidant support to the tissues in the lungs.*

Grindelia was formerly included in the United States Pharmacopoeia and was popularly used by Native American populations as a remedy for occasional coughs and other upper respiratory irritants. Today Grindelia continues to be used in herbal therapies to support the respiratory apparatus and assist in the normal maintenance of mucus formation and its subsequent removal. Natural Sodium Bicarbonate extracted from Nahcolite deposits which exists in nature in large geologic masses found at a depth of more than 500 meters. Sodium Bicarbonate from Nahcolite is unlike chemically manufactured sodium bicarbonate which exists as an "amorphous" salt. Nahcolite's chemical properties make it an alkalizing salt, capable of exerting a buffering action in the presence of acids.*

Honey has been a commonly used remedy for millennia. Modern day evidence has shown that even modest amounts of

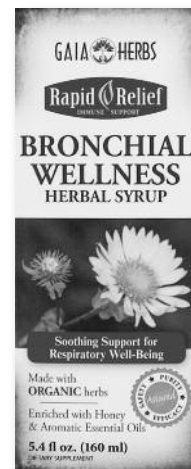
Supplement Facts

Daily Serving Size: 2 teaspoons (10 ml)

Servings per Container: 16

	Amount Per Serving	%Daily Value*
Calories	35	
Total Carbohydrates	9 g	3 %
Sugars	8 g	†
Organic Plantain Leaf (<i>Plantago lanceolata</i>) freeze-dried extract	70 mg	†
Organic Grindelia Flowering Tops (<i>Grindelia robusta</i>) freeze-dried extract	60 mg	†
Proprietary blend	235 mg	†
Honey; Organic Plantain (<i>Plantago lanceolata</i>) leaf, hydroalcoholic extract; Organic Helichrysum (<i>Helichrysum</i> spp.), flowering tops freeze-dried extract; Eucalyptus (<i>Eucalyptus globulus</i>) • essential oil; Star Anise (<i>Illicium verum</i>) • essential oil; Lemon (<i>Citrus x limon</i>) • fruit essential oil.		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
†Daily Value not established.		

Other ingredients: Water, Lemon Juice



Honey can significantly reduce the intensity of nighttime coughs as well as improve sleep conditions when compared to placebo.

Helichrysum belongs to a large family of plants with over 500 species in all. Investigations into the flowers of this humble plant have proven that Helichrysum is a veritable medicine chest of compounds. Helichrysum is known to contain well established and familiar phytochemicals such as kaempferol (also found in broccoli) and naringenin (commonly found in oranges). The complexity of its ingredients explains in part how Helichrysum has shown multiple positive influences over the body. For example, Helichrysum modulates enzyme production as well as increase free-radical scavenging activity. Free radicals are thought to be the root of many chronic conditions. Alternatively, other compounds found in Helichrysum also bear chemical resemblance to human corticoids which are powerful immune-like compounds. Phytochemicals such as these make it apparent why this plant was so historically successful and validate its use in supporting multiple organ systems from digestion to respiration.*

Typically, essential oils are used aromatically but the modest internal use of very specific oils can have a dramatic effect on overall health. The volatile oils of Star Anise seed for example contain 75% anethole which internally are known to act favorably on the smooth muscles that surround the trachea and respiratory tract.*

Perhaps most familiar is Eucalyptus oil. Eucalyptus has long been used in teas and ointments to support normal respiration and provide immune support. Eucalyptus also acts on powerful chemical messengers of the body such as TNF-alpha and IL-1 responsible for inflammation and fever respectively. Its influence over these types of chemical messengers might explain its popularity throughout history.* Also, Lemon Oil is treasured for its flavoring as well nutritive aspects. Aromatic studies have shown that it may even raise

FOR INFORMATION ON OTHER GAIA PRODUCTS PLEASE VISIT OUR WEBSITE

www.gaiaherbs.com

the threshold for perceived pain leading to greater ease and comfort overall. It has also been shown to reduce free-radical activity by acting on the production of nitric oxide. Free radicals are thought to be the root of many chronic conditions which is why antioxidants such as those found in essential oils are gaining such popularity in scientific circles.*

SAFETY EVALUATION

Although honey consumption is safe in adults it should not be used in children younger than two years of age. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before using this product.*

COMPLEMENTARY HERBS AND USEFUL ADVICE:

Oil of Oregano Liquid Phyto-Caps™
Olive Leaf Liquid Phyto-Caps™

REFERENCES

Angioni A, Barra A, Arlorio, et al. Chemical composition, plant genetic differences, and antifungal activity of the essential oil of *Helichrysum italicum* G. Don ssp. *microphyllum* (Willd) Nym. *J Agric Food Chem* 2003;51:1030-4.

Ceccarelli I, Lariviere WR, Fiorenzani P, et al. Effects of long-term exposure of lemon essential oil odor on behavioral, hormonal and neuronal parameters in male and female rats. *Brain Res* 2004;1001:78-86.

De M, De AK, Sen P, Banerjee AB. Antimicrobial properties of star anise (*Illicium verum* Hook f). *Phytother Res* 2002;16:94-5.

Grieve, M. 1967. *A Modern Herbal*, Vol. 2. New York; London: Hafner Publishing Co.

Ize-Ludlow D, Ragone S, Bernstein JN, et al. Chemical composition of Chinese star anise (*Illicium verum*). *JAMA* 2004;291:562-3.

McGuffin M, Hobbs C, Upton R, Goldberg A, eds. *American Herbal Products Association's Botanical Safety Handbook*. Boca Raton, FL: CRC Press, LLC 1997.

Miyake Y, Murakami A, Sugiyama Y, et al. Identification of coumarins from lemon fruit (*Citrus limon*) as inhibitors of in vitro tumor promotion and superoxide and nitric oxide generation. *J Agric Food Chem* 1999;47:3151-7.

Newall CA, Anderson LA, Philpson JD. *Herbal Medicine: A Guide for Healthcare Professionals*. London, UK: The Pharmaceutical Press, 1996.

Paul IM, Beiler J, McMonagle A, et al. Effect of honey, dextromethorphan, and no treatment on nocturnal cough and sleep quality for coughing children and their parents. *Arch Pediatr Adolesc Med* 2007;161:1140-6.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.