



FENUGREEK & FENNEL COMBINATION

100 CAPSULES STOCK No: 775

Fenugreek and Fennel Combination is an excellent respiratory formula developed as a nutritional aid for the respiratory system. relieving sinus and upper respiratory congestion associated with allergies. Fenugreek and Fennel Combination contains herbs which stimulate perspiration and the production of mucosal fluids to remove allergens and other toxins, while also increasing circulation, soothing inflamed tissues, enhancing lymphatic function, and acting as an antiseptic to help fight infection. Furthermore, it improves digestion and helps reduce allergies and respiratory problems resulting from poor digestion.

Fenugreek and Fennel Combination is recommended for a number of uses including allergies, asthma, bronchitis, coughs, diarrhoea, dyspepsia, earaches, hay fever, insomnia, nasal drainage, respiratory tract infection, sinus congestion, and swollen glands, and contains the following herbs:

Boneset contains sesquiterpene lactones and polysaccharides which have been found to be highly immunostimulant, which stimulate the production of mucosal fluids to remove allergens and toxins. A study published in Biochemical Pharmacology found one of Boneset's active constituents may provide anti-tumor activity *in vivo*. It is generally used for acute bronchitis, colds, coughs, emphysema, fevers, influenza, respiratory tract infections, and rheumatic illness.

Fennel increases the production of digestive fluids, reduces inflammation, acting as an antiseptic, diuretic, mild expectorant and appetite stimulant, and antispasmodic to help relieve chronic coughs. Fennel is also believed to promote deeper breathing and scientific studies show fennel demonstrates antibacterial and anti fungal activity *in vitro*. Fennel has been found helpful for anorexia, colds, colic, coughs, dyspepsia, and flatulence.

Fenugreek increases the production of mucosal fluids to help remove allergens and toxins from the respiratory tract, while acting as an expectorant and antispasmodic to loosen phlegm and help stop chronic coughs. Research has also found that fenugreek induces perspiration to help lower fever, a quality which has been compared by some authorities with that of quinine. Fenugreek is often included in lung-healing formulas for treating emphysema and lung congestion. However, fenugreek is also beneficial for allergies, bronchitis, dyspepsia, fever, hay fever, and respiratory tract infection. secretion, and increased red blood cell counts.

Horseradish is a strong digestive stimulant, increasing both gastric juices and appetite. It stimulates circulation, induces perspiration, increases the production of mucosal fluids to remove allergens and toxins from the respiratory tract, and also acts as an antiseptic, diuretic and expectorant. Horseradish is typically used for asthma, bronchitis, colds, coughs, debility, fever (characterised by coldness), flu, hay fever, rheumatism, and sinus congestion. Horseradish is not recommended for those with low thyroid function or stomach ulcers.

Mullein is most commonly associated with respiratory problems, known to provide soothing relief to the lungs and throat. Mullein is specifically recommended for bronchitis and tracheitis, containing mucilaginous substances, called polysaccharides, which protect mucous membranes and prevent them from absorbing toxins. The cooling, soothing properties of the mucilage lubricates tissues, reduces inflammation, and enhances healing, while relaxing muscle spasms, which helps relieve chronic coughing and abdominal cramping.

Also available as

FENUGREEK & FENNEL EXTRACT
alcohol-free vegetable glycerine base liquid.
59ml Stock No: 3166

Nature's Sunshine Products

For further information about Nature's Sunshine Products and their complete range of Quality Food Supplements go to www.naturessunshine.co.uk