

Pulmona Tea INFUSION

COUGH & BRONCHITIS

Reduces irritation and coughing

NPN 80034149



Composition				
Chickweed	aerial part	<i>Stellaria media</i>	563 mg	Organic
Marshmallow	root	<i>Althaea officinalis</i>	563 mg	Organic
Mullein	leaf	<i>Verbascum thapsus</i>	563 mg	Organic
Wild Cherry	bark	<i>Prunus serotina</i>	563 mg	Organic
Licorice	root	<i>Glycyrrhiza glabra</i>	250 mg	Organic

DOSAGE

INTERVENTION: 4-6 cups a day, for a maximum of 1 week.

TREATMENT: 3 cups a day, as needed.

DIRECTIONS FOR USE

Pour 1 litre of boiling water on 4 tbsp of herbs, cover and let steep 10-15 minutes. Filter. Start with a small dose to insure herbs are well tolerated.

MODE OF ACTION

Pulmona Tea infusion is used to soothe irritation of the respiratory tract, relieve cough and expectorate mucus. The mucilage-rich herbs in this compound are responsible for its emollient action. They soothe irritation, promote healing and the proper functioning of the bronchial lining. The antispasmodic and cough-relieving properties of Pulmona Tea soothe coughing. When there is productive cough, this compound liquefies mucus, thereby easing its expulsion and freeing the airways. It is also used for dry cough, to nourish, hydrate and heal the respiratory mucus membrane. As it strengthens and tones the lungs, this compound prevents the recurrence of pulmonary problems. Pulmona Tea infusion is used for conditions both acute (cold, flu, bronchitis) and chronic (chronic pulmonary disease, chronic bronchitis, etc.). It is used in conjunction with herbs specific to each condition.

CHICKWEED: as an emollient, chickweed is indicated for dryness of the respiratory lining. It soothes the lining of the throat and airways. It dissolves mucus, which helps eliminate it. Chickweed is used for lung problems and fever. It also acts on the lymphatic system.

MARSHMALLOW: the mucilages in marshmallow are emollient and reduce irritation and inflammation of the mucus membranes, particularly in the bronchi. As a nutritive and tonic herb, marshmallow is particularly helpful for dry cough. By soothing and hydrating the mucus membrane, it reduces the frequency and intensity of cough caused by an irritated throat and respiratory tract. It also stimulates phagocytosis.

MULLEIN: as an expectorant and lung tonic, mullein is indicated in all affections of the respiratory tract. Mullein is vulnerary and reduces irritation and inflammation of the respiratory tract. It strengthens the lungs, helps eliminate mucus and relieve spasms that bring on coughing. It is used for dry, irritating cough.

WILD CHERRY: relieves cough that irritates the mucus membranes and exhausts the organism. It is astringent and relieves cough by suppressing the cough reflex. This compound does not aim to completely inhibit cough but to reduce cough so that the body and other medicinal herbs can do their healing work. That is why it is used with other herbs which act specifically on the mucus membrane of the respiratory tract.

LICORICE: anti-inflammatory and emollient, it calms irritation and inflammation of the respiratory tract. Licorice is expectorant and antispasmodic and has antibacterial and antiviral properties against certain specific pathogens.

HELPFUL ASSOCIATIONS

BRONCHIX for bronchitis and irritation of the respiratory tract.

PLANTAIN SYRUP for cough, irritation and inflammation of the bronchi.

DRASTIX for cold and flu.

NETTLE capsules for asthma, allergies, or after pneumonia.

USNEA tincture at the first signs of a respiratory tract infection.

ETHNOBOTANY

Respiratory system: bronchitis, spasmodic cough, dry cough, cold and flu with cough, chronic pulmonary disease, emphysema, whooping cough, cough associated to pneumonia.

Other: sore throat, laryngitis, pharyngitis, swollen lymph nodes.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or worsen, in case of liver disorder, during pregnancy and breastfeeding. Do not use if you suffer from hypokalemia, cardiovascular or kidney disorder.

INTERACTIONS

Do not take with prescription drugs.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

