

Support Your  
Respiratory Health  
The Natural Way!

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**ALLER-DEFENSE  
LUNG SUPPORT**

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**Aller-Defense Lung Support** provides 100% vegetarian food supplementation which provides the nutrients needed to support optimal health for the lungs, sinuses and immune system.

### **The Challenge** **ENVIRONMENTAL IMPURITIES**

Your respiratory system is constantly working. All day, every day, it is the means for oxygen to enter your body. Unfortunately, it can also be an entry point for pollutants, irritants, pollen, dust, mold, fungus and other toxins. The constant assault from impurities can take its toll. For many adults and children, taking a deep breath of air can be a struggle.

With the rise of environmental toxins and other irritants in the air we breathe, many people are dealing with poor lung and respiratory health. An unhealthy respiratory system deprives the body of the most important nutrient of all – oxygen. Organs and tissues cannot function properly without adequate amounts of oxygen and increases the need for a strong, healthy immune system.

### **The Solution** **ANTIOXIDANTS AND OTHER NUTRIENTS**

To work at peak capacity, the lungs need to be clean and clear from pollutants that are inhaled daily. The lung tissues and the tubes within them also need to remain elastic and spongy in order to work properly. The elasticity of the lungs, the bronchi and the bronchioles allows air to pass through easily and fully.

**Antioxidants** are the lungs' first line of defense against free radicals. Maintaining a healthy antioxidant supply can help protect your lungs from damage and detoxify air pollution and toxins.

**High in antioxidants:** bromelain, orange peel, rosemary, fenugreek, stinging nettle, thyme, acerola cherry

**Vitamin C** is the most important water soluble antioxidant found in the respiratory system. Vitamin C works by protecting the airways against the effects of irritants like sulfur oxides from factories, pollen, cigarette smoke and pathogens. These substances cause increased oxidative stress which can lead to a narrowing of the airways. **High in vitamin C:** rosemary, thyme

**Vitamin B6** is another nutrient that is beneficial for those dealing with lung health issues. Vitamin B6 supplementation supports overall lung function and decreases the severity of wheezing and chest tightness even if no deficiency is apparent. **High in vitamin B6:** rosemary, thyme

**Magnesium** is critically important to the contraction/relaxation state of smooth muscle. Higher magnesium levels promote relaxation. Because the muscles of the respiratory system impact how the lungs expand and the capacity to trap air, it is important to provide these muscles with adequate amounts of magnesium. Dietary magnesium intake is directly related to lung function and the occurrence of airway hyperactivity and wheezing. **High in magnesium:** rosemary, thyme, fenugreek.

Breathe easier with **Aller-Defense Lung Support!**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure or prevent any disease.

### ***Papaya Fruit***

- Combats pulmonary edema, asthma, allergies & sinus infections such as bronchitis & sinusitis
- Fights Allergic Rhinitis (AR)—inflammatory disease of the nasal mucous membranes which results in sneezing, nasal itching & blockage of the nasal passages
- Rich in vitamins C & B1, potassium, manganese & phytonutrients
- Helps soothe & relax tense, inflamed muscles & connective tissue
- Potent anti-inflammatory & anti-swelling properties
- High in bromelain, an enzyme in papaya, can reduce mucus and inflammation.

### ***Orange Peel***

- Rich in flavonones—powerful antioxidants that help reduce oxidative damage & fight free radicals
- Abundant in natural histamine-suppressing compounds & has irritation-reducing action
- Highly effective as & called the “lung cleansing herb”
- Breaks down & helps expel congestion
- Loaded with vitamin C—a fantastic immune system booster
- Contains vitamin A, enzymes, fiber & pectin

### ***Rosemary Leaf***

- Decreases asthma symptoms such as chest pain, wheezing, coughing, & production of sputum (mixture of saliva & mucus)
- Contains healing vitamins A & C, & minerals including calcium, magnesium, iron, zinc, potassium & sodium
- Powerful, natural anti-inflammatory, anti-bacterial & anti-carcinogenic properties to combat fungus, bacteria & cancer
- Lowers the production of asthma-induced inflammatory cells
- Prevents fluid accumulation in the lungs
- Helps oxygenate vital organ systems
- Potent antioxidant properties
- Boosts immunity

### ***Fenugreek***

- Antioxidative, anti-inflammatory & antibiotic properties
- Effectively reduces respiratory ailments, inflammation, colds, sore throat & pain
- Can ease congestion, dissolve mucus in lungs, throat & sinuses

### ***Stinging Nettle***

- Combats respiratory issues such as hay fever, asthma, & other seasonal allergies
- Detoxifies the body, improves metabolic efficiency, boosts immunity, increases circulation, improves energy levels
- Anti-inflammatory, antioxidant, antimicrobial, anti-ulcer, astringent & analgesic properties
- Stimulates the lymphatic system
- Improves respiratory conditions
- High vitamin C & iron content

### ***Thyme***

- Powerful antiseptic qualities help disinfect airways & calm bronchial passages
- Most active ingredient is thymol to prevent fungal & viral infections
- Strong cough expectorant & cough reliever
- Strong antibacterial & antifungal properties
- Powerful support to immune & respiratory systems
- One of the highest in antioxidants
- Effective bronchitis remedy
- High levels of vitamin C
- Can reduce asthma

### ***Acerola Cherry***

- Rich mixture of nutrients & vitamins such as potassium & high in B vitamins including niacin, riboflavin, & folic acid
- Wealth of antioxidants & one of the highest concentrations of vitamin C in any fruit
- Boosts & stimulates immune system
- Reduces allergic reactions