

# Flu Season Defense

- MP 1404 -

## **The herbs in *Flu Season Defense* help:**

- Boost well-being and comfort.
- Help balance the moisture level and mucus in the lungs and sinuses
- Aid digestion for decreased production of toxic food residues help remove toxins that can weaken resistance
- Nourish the body's defense mechanisms

## **Helps improve these ayurvedic factors:**

- Fluid balance and mucus in the lungs and sinuses (Kapha)
- Toxins in the lungs from the interaction of Ama and phlegm production (Shleshma)
- Elimination of improperly digested impurities (Ama) that block the flow of nutrients in the micro-circulatory channels (Shrotas)

## **Herbal Masterpiece**

The herbs in all of the recommended formulas are combined in precise proportions and prepared in the traditional *ayurvedic* way. This improves the bio-availability of vital nutrients. It also creates synergy — the collective benefit is much greater than that of isolated, individual herbs.

- Indian Elecampane, the primary ingredient, is a potent relative of the Elecampane plant. It combines with Licorice and Hyssop to help regulate mucus and moisture.

- Long Pepper, combines with Black Pepper and Chinese Pistachio to help improve nutrient circulation.
- Holy Basil aids the innate defense systems associated with common seasonal discomforts.

### ***Ingredients:***

- Indian Elecampane
- Licorice
- Hyssop, Long Pepper
- Chinese Pistachio
- Greater Galangal
- Holy Basil
- Pepper
- Clerodendrum Serratum

### ***Herbal Recommendations:***

Take 1 to 2 tablets twice daily with warm water.

To support the body's natural defenses, take for 45 days at the start of flu season and/or 45 days after the desired comfort and result is achieved.

Keep out of reach of children.