



Name Lu

Caps

Code	Size	Duration
C26-54	54 Capsules	Usually lasts 18 days
C26-100	100 Capsules	Usually lasts 33 days

Area concerned

Lungs and throat, mucous membranes of these areas, oxygen intake.

Ingredients

(min per capsule) Elecampane 64mg, Golden Rod 64mg, Thyme 48mg, Aniseed 48mg, Pau d'Arco 32mg, Cinnamon 32mg, Black Pepper 32mg.

Description

This formula supports the lungs, and assists balance of mucous and mucous membranes. It also contains circulatory agents which, by helping good blood flow, assist vitality of the lungs and the provision to the body of the oxygen it needs. For a more holistic approach consider our **90-day Lung Programme**.

Standard use

1 capsule, 3 times a day, taken with food or a drink (for easier digestion). If desired, up to twice this amount can safely be taken.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

Cautions

Do not take if pregnant or nursing.

Companion Products

90-day Lung Programme; Anti-Cat Capsules; Anti-Spas Capsules or Drops; Lu Tea; Power Garlic Capsules; Sin/All Capsules; Herbal Snuff.

Tea

Code	Size	Duration
T07	50g	Lasts 14-28 days

Area concerned

Lungs, throat and sinuses, mucous membranes of these areas, oxygen intake.

Ingredients

Hyssop, Comfrey Leaf, Marshmallow Leaf, Peppermint.

Description

To balance and cleanse the Lungs. This tea is also supportive for the throat and sinuses. It contains soothing and supporting hyssop; supporting comfrey; and soothing marshmallow. Combines well with **Lu Capsules** or **Power Garlic**.

Standard use

Make a pot of tea once a day using one teaspoon to 1-2 mugs of boiling water according to taste. Drink, hot, warm, or cold until the pot is finished. Honey can be added if desired. Up to twice this amount can safely be taken.

How long to take it for

Take for a course of 3-4 months, or as and when desired.

Cautions

None.

Companion Products

90-day Lung Programme; Anti-Cat Capsules; Anti-Spas Capsules or Drops; Chickweed Tea; Lu Capsules; Power Garlic Capsules; Sin/All Capsules; Three Continents Healing Tea.

Caps

Tea