



Name Sin/All

Caps

Code	Size	Duration
C34-54	54 Capsules	Usually lasts 18 days
C34-100	100 Capsules	Usually lasts 33 days

Area concerned

Sinuses, lungs, mucous membranes of these areas.

Ingredients

(min per capsule) Eucalyptus 40mg, Marshmallow Root 40mg, Juniper 40mg, Burdock 40mg, Parsley leaf 40mg, Golden Seal 40mg, Licorice 40mg, Cayenne 40mg.

Description

Can help support and balance sinuses and nasal mucous membranes. Good if combined with **Anti-Cat Capsules** for several months. For maximum support of the sinus area, consider our more holistic **90-day Sinus Programme**, which includes **Herbal Snuff** and, in the second and third months, **Power Garlic Capsules**. Garlic is beneficial for mucous membranes in the body.

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 use if pregnant or nursing.

Companion Products

90-day Sinus Programme; 90-day Lung Programme; Anti-Cat Capsules; Detox Capsules, Drops or Tea; Echinacea Compound Capsules; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Power Garlic Capsules; Herbal Snuff.

Caps