

PulmaCo

Herbal Support for Clear Airways & Healthy Respiratory Tract Function*

PulmaCo contains **Chinese Skullcap, Malabar Nut Tree, Grindelia, and Fennel** which are traditionally used in herbal preparations to:

- ✓ Support the body's natural ability to **break up and expel respiratory secretions**
- ✓ Support the body's normal **cough reflex**
- ✓ Support healthy **respiratory tract function***

Ginkgo Biloba and Turmeric are used to:

- ✓ Provide **antioxidant** activity*

MediHerb PulmaCo is a purposely designed formulation to help support the normal function of the body's airways using herbs from Western, Indian and Chinese traditional systems. It combines quality herbal extracts of Chinese Skullcap root, Malabar Nut Tree leaf, Grindelia herb and Turmeric rhizome with Fennel seed essential oil and a concentrated (standardized) extract of Ginkgo leaf, which provides beneficial antioxidant flavonoids.

Healthy Breathing and the Body's Natural Ability to Break Up and Expel Respiratory Secretions

For normal healthy breathing to occur, the flow of air through the body's airways (i.e. the lungs, nose and throat) must be uninterrupted and free of blockages. However, one very natural and protective function of the body which is designed to protect the air passages and trap tiny inhaled particles may also cause minor and temporary blockages: the secretion of respiratory mucus.¹ In order to clear away mucus from the lungs, it must first be loosened and then expelled from the respiratory tract using the body's own cough reflex. While this process occurs naturally and over time, it can be facilitated by using specific herbal preparations.^{2,3}

Also, due to the large surface area used for gas exchange and their direct exposure to the environment, the lungs are quite susceptible to oxidative stress.⁴ Herbal antioxidants may therefore prove to be beneficial in providing antioxidant activity.



M1830 60 Tablets

Suggested Use:

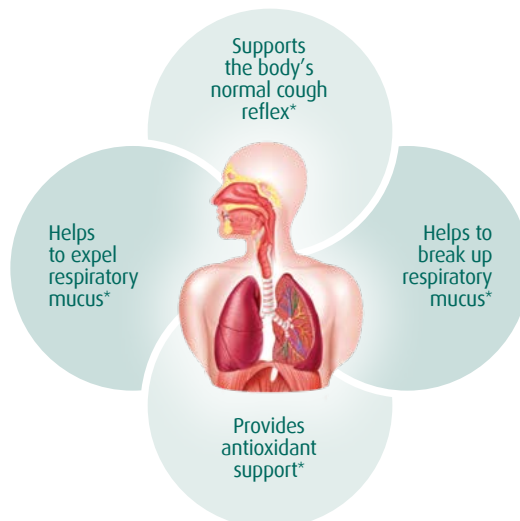
1 tablet 3 times daily, or as directed.

Supplement Facts		
Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Chinese Skullcap root 3:1 from <i>Scutellaria baicalensis</i> root 500 mg	166.7 mg	†
Malabar Nut Tree leaf 5:1 extract from <i>Justicia adhatoda</i> leaf 750 mg	150 mg	†
Grindelia herb 4:1 extract from <i>Grindelia comporum</i> herb 300 mg	75 mg	†
Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 1.0 g Containing curcuminoids 38 mg	40 mg	†
Ginkgo leaf 50:1 extract from <i>Ginkgo biloba</i> leaf 1.0 g Containing ginkgo flavonglycosides 4.8 mg	20 mg	†
Fennel (<i>Foeniculum vulgare</i>) herb essential oil	5 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

Cautions: Contraindicated in pregnancy and lactation.

Figure 1: Beneficial Health Effects of MediHerb PulmaCo



How PulmaCo Supports Your Health



The leaf of the **Malabar Nut** Tree has been used in Ayurveda, the traditional system of India, for over 2000 years.^{5,6} It is used specifically for the lungs to help disperse and clear away respiratory mucus and therefore allow healthy breathing.^{7*}

The dried roots of **Chinese Skullcap**, an ancient and esteemed traditional Chinese herb, are also used to loosen mucus secretions in the respiratory tract and to assist in clearing mucus via the body's normal cough reflex.^{3,8*}

Grindelia is one of the most valued cough supporting herbs in Western traditional systems. It was included in the US Pharmacopoeia in the late 19th century and is to date a popular and well-used traditional herb for the lower and upper respiratory tract.^{3,9,10*}

Fennel seed oil is an aromatic traditional herbal preparation that further adds to the overall mucus clearing activity¹¹⁻¹³ of PulmaCo in the upper respiratory tract.^{9,14*}

Finally, the flavonoids contained in the standardized **Ginkgo** leaf extract provide much needed antioxidant activity¹⁵ for the lungs, which is further complemented by **Turmeric**.^{5*}

References

- ¹ Pizzorno MT, Murray JE. *Textbook of Natural Medicine*. 5th ed. Volume 2. St. Louis: Elsevier; 2020.
- ² Bone K, Mills S. *Principles and Practice of Phytotherapy*. 2nd ed. Sydney: Churchill Livingstone; 2013.
- ³ Bone K. *A Clinical Guide to Blending Herbs*. St. Louis: Churchill Livingstone; 2003.
- ⁴ Holguin F. Oxidative stress in airway diseases. *Ann Am Thorac Soc*. 2013 Dec;10 Suppl:S150-7.
- ⁵ Braun L, Cohen M. *Herbs & Natural Supplements - An evidence-based guide*. 4th ed. Volume 2. Sydney: Churchill Livingstone; 2015.
- ⁶ Williamson EM. *Major herbs of Ayurveda*. New York: Churchill Livingstone; 2002, pp.20-24.
- ⁷ Pole S. *Ayurvedic Medicine: The Principles of Traditional Practice*. Singing Dragon. London. 2006.
- ⁸ Bensky D, Gamble A. *Chinese Herbal Materia Medica*. Revised ed. Seattle: Eastland Press; 1993.
- ⁹ Bradley P, editor. *British Herbal Compendium*. Vol.2. Exeter: Bournemouth: British Herbal Medicine Association; 2006.
- ¹⁰ British Herbal Medicine Association (BHMA) Scientific Committee. *British Herbal Pharmacopoeia*. Bournemouth: BHMA; 1983.
- ¹¹ European Medicines Agency. *Community Herbal Monograph on Foeniculum vulgare Miller, subsp. vulgare var. vulgare, aetheroleum*. 2007.
- ¹² Tisserand R.B. *The Art of Aromatherapy*. Vermont: Healing Art Press, Rochester; 1977.
- ¹³ Valnet J. *The Practice of Aromatherapy*. Vermont: Healing Arts Press. Rochester; 1990.
- ¹⁴ Blumenthal M. *The Complete German Commission E Monographs. Therapeutic Guide to Herbal Medicines*. Volume 1, Austin: American Botanical Council; 1998.
- ¹⁵ Natural Medicines. *Ginkgo. Professional Monograph*. Therapeutic Research Centre. 2018.

MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

Please consult the product packaging label for the most accurate product information.

© 2021 MediHerb. All rights reserved. LN01956 07/21

MEDI  HERB®

 **Standard Process**
Exclusive United States Distributor of MediHerb®

mediherb.com | standardprocess.com

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