

Herbal Cough Reflex Support for a Clear Healthy Respiratory Tract*

Licorice, Euphorbia, Grindelia, Fennel and Thyme are traditionally used in herbal preparations to:

- ✓ Support the body's normal **cough reflex**
- ✓ Encourage healthy **removal of mucus**
- ✓ Encourage normal **removal of mucus secretions from the respiratory system***

Licorice and Mullein are traditionally used in herbal preparations to:

- ✓ Support **healthy mucous membranes** within the respiratory tract*

MediHerb® ResCo® is a specifically designed formula that features traditionally used herbal extracts of Licorice, Mullein, Euphorbia, Grindelia and Ginger, as well as essential oils of Fennel and Thyme. ResCo® assists the body's natural coughing mechanism, encourages the body's healthy removal of mucus, and supports mucous membrane health in the respiratory tract.*

The Importance of Healthy Respiratory Function and The Body's Natural Cough Reflex

Effective mucus clearance is essential for proper lung health. It involves the continuous clearing of naturally formed thin mucus from the lower to the upper respiratory tract. This process is designed to protect the airways (or 'bronchi' in the lungs) from tiny inhaled particles that become trapped in the mucus. Occasionally though, the body uses a cough reflex as a slightly more forceful mechanism to expel mucus from the airways. However, while coughing serves an important function temporarily, it can also be a bit troublesome.¹ In this instance, traditional herbal preparations known as 'expectorants' can help support the body's own natural cough reflex to further encourage the removal of mucus from the airways.^{2,3,4}



Suggested Use:

1 tablet 3 – 4 times daily, or as directed.

Supplement Facts

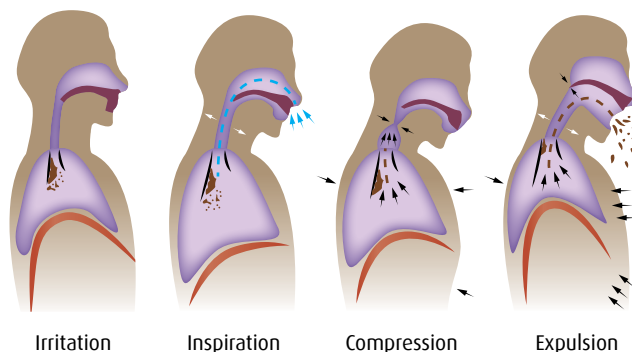
	Amount per Serving	%DV
Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	40 mg	4%
Licorice root 3.5:1 extract from <i>Glycyrrhiza glabra</i> root 500 mg	142.9 mg	†
Mullein leaf 4:1 extract from <i>Verbascum thapsus</i> leaf 470 mg	117.5 mg	†
Euphorbia herb 4:1 extract from <i>Euphorbia hirta</i> herb 280 mg	70 mg	†
Grindelia herb 4:1 extract from <i>Grindelia camporum</i> herb 280 mg	70 mg	†
Ginger rhizome 10:1 extract from <i>Zingiber officinale</i> rhizome 180 mg	18 mg	†
Fennel (<i>Foeniculum vulgare</i>) herb essential oil	12 mg	†
Thyme (<i>Thymus vulgaris</i>) herb flowering essential oil	12 mg	†

† Daily Value (DV) not established.

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

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.

Figure 1: Overview of The Body's Normal Cough Reflex



How ResCo® Supports Your Health:



Supports the body's normal cough reflex and encourages normal removal of mucus secretions from the respiratory system*

Licorice, Mullein, Euphorbia and **Grindelia** are traditionally used as some of the most effective herbal expectorants to assist in the body's removal of mucus (and foreign particles) from the lungs and bronchial tubes.^{3,5} Their beneficial actions are complemented by the addition of other expectorants such as **Ginger** which adds a pleasant 'warming' quality to this herbal preparation,⁶ as well as the aromatic essential oils of **Fennel**^{7,8} and **Thyme**.^{9*}



Supports healthy mucous membranes within the respiratory tract*

Licorice is a universal and popular herbal ingredient in cough medicines as it provides many important actions that are relevant to respiratory health.*

References

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- ⁴ Hoffmann D. *Medical Herbalism. The Science and Practice of Herbal Medicine*. Healing Arts Press, Vermont, 2003.
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- ⁶ Mills S. *The A-Z of Modern Herbalism. A Complete Guide to Practical Herbal Therapy*. London: Thorsons/Harper Collins Publishers; 1989.
- ⁷ European Medicines Agency. Community Herbal Monograph on *Foeniculum vulgare* Miller, subsp. *vulgare* var. *vulgare*, *aetheroleum*. 2007.
- ⁸ Tisserand R.B. *The Art of Aromatherapy*. Vermont: Healing Art Press, Rochester; 1977.
- ⁹ European Medicines Agency. Community Herbal Monograph on *Thymus vulgaris* L., *Thymus zygis* Loeffl. ex L., *aetheroleum*. 2010.

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.

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