

# Respiratory Health Protocol

Support respiratory health and improve symptoms associated with lung conditions, ENT infections, sinusitis, bronchitis, cough, colds, and allergies. The herbs and nutrients found in Broncha, Bio C, and Serrapeptase support the immune system while breaking up mucous, reduce pain and respiratory inflammation, and relieve coughs.

Remedy	Phase/Dose	Monday to Sunday
<b>Broncha</b>	1 tsp mixed in water	two times a day
<b>Serrapeptase</b>	1 capsule on empty stomach	once a day
<b>Bio C</b>	1 capsule	up to three times a day



## Broncha

**Recommended dosage (adult):** 1 tsp mixed in water twice daily. Consult a healthcare professional for use beyond 14 days.

**Respiratory Benefits:** Broncha contains a combination of traditional herbs that provide support for the lungs and bronchials. The herbs act to decrease respiratory inflammation, loosen mucous and increase expectoration (bring up and expel mucous from the bronchials and lungs), and reduce and relieve coughs.

**The herbs in Broncha are traditionally used in herbal medicine for:**

- Thyme, English Ivy - to help relieve coughs<sup>1,3,4,5,6</sup>
- Thyme, English Ivy, Fennel - to help reduce and relieve coughs associated with colds and bronchitis<sup>1,2</sup>
- Thyme, English Ivy, Fennel - to help relieve symptoms of bronchitis and loosen mucous buildup of the upper respiratory tract<sup>1,3,4,6,7,8</sup>

**Key Features:** Supports respiratory health. Supports lung and bronchial health. Reduces inflammation of the respiratory system (lungs and bronchials). Reduces and relieves coughs (antitussive and anti-spasmodic). Improves symptoms of acute and chronic bronchitis. Loosens mucous buildup in the respiratory tract (expectorant and anti-catarrrh). Increases ability to expel or expectorate mucous from the lungs and bronchial tract.



## Serrapeptase

**Recommended dosage (adult):** 1 capsule taken on an empty stomach once daily. Consult a healthcare professional for use beyond 7 days.

**Respiratory Benefits:** Serrapeptase is a proteolytic and mucolytic enzyme. The proteolytic enzyme properties reduce pain, swelling, edema, congestion, and inflammation<sup>9,10,11</sup> associated with the upper respiratory tract. The mucolytic enzyme properties thin (reduces viscosity) and break up (improve quality and elimination of secretions) mucous and biofilm matrix formations.<sup>10,12,13,14,15,16</sup>

Serrapeptase reduces inflammation and breaks up and eliminates mucous.

**Serrapeptase helps relieve respiratory symptoms of:**

- ear, nose, throat, and upper respiratory tract infections<sup>15,16</sup>
- otitis, rhinitis, sinusitis, and bronchitis<sup>9,10,14</sup>
- pain, stuffiness, congestion, and diminished or loss of smell<sup>15,16</sup>
- coughs, colds, and allergies<sup>14</sup>

**Key Features:** Supports respiratory health. Supports lung and bronchial health. Mucolytic and proteolytic enzymes. Reduces inflammation and breaks up mucous. Reduces pain, stuffiness, and congestion in infections of the ears, nose, sinuses, throat, and lungs. Thins and breaks up mucous in upper respiratory infections. Breaks up biofilm formation. Improves symptoms associated with sinusitis, bronchitis, cough, colds, and allergies.



## Bio C (with Lipid Metabolites and Citrus Bioflavonoids)

**Recommended dosage (adult):** 1-3 capsules daily. Safe to use long term.

**Respiratory Benefits:** Vitamin C supports immune function, reduces inflammation, and is a potent antioxidant to protect cells against oxidative damage from free radicals.

The hallmarks of Bio C's lipid metabolite vitamin C formula:<sup>17,18,19</sup>

- Rapid absorption of vitamin C
- High levels of circulating vitamin C in blood serum
- Widespread distribution of vitamin C throughout the body
- Superior cellular vitamin C uptake by T-lymphocyte immune cells

Bio C (PureWay-C<sup>®</sup>) is a vitamin C-bioflavonoid complex bound in lipid metabolites. Clinical trials show that Bio C (PureWay-C<sup>®</sup>) reduces the inflammatory marker C-reactive protein levels,<sup>17</sup> thus reduces inflammation while protecting the T-lymphocyte immune cells and tissues against inflammatory damage and oxidative stress.<sup>17,18,19</sup> The bioflavonoid-vitamin C complex enhances intestinal absorption, leading to high levels of circulating blood serum vitamin C levels<sup>17</sup> and providing potent antioxidant defense and free radical scavenging capabilities.<sup>18</sup> The unique lipid metabolite carriers effectively transport the vitamin C complex into the cells, including uptake by the T-lymphocyte immune cells.<sup>17,18</sup>

**Key Features:** Reduces inflammation, supports immune function, and is a potent antioxidant. Reduce inflammation related to lung and respiratory conditions. Reduces C-reactive protein. Prevents vitamin C deficiency.


**Medicinal Ingredients:** 1 teaspoon (5 ml) contains:

Thyme (Thymus vulgaris) . . . . .	2.5 ml
English Ivy (Hedera helix) . . . . .	0.83 ml
Sweet fennel (Foeniculum vulgare. subsp. vulgare var. dulce) . . . . .	0.83 ml
Peppermint extract (Mentha piperita). . . . .	0.83 ml

**Non-medicinal Ingredients:** Purified water, ethanol.

NPN 80031371 • 50 ml drops


**Medicinal ingredients:** Each capsule contains:

Serrapeptase (120,000 Serratiopeptidase units) . . . . .	58 mg
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**Non-medicinal ingredients:** Maltodextrin, hydroxypropyl-methylcellulose, methacrylic acid copolymer.

NPN 80084599 • 60 Caps


**Medicinal Ingredients:**

Vitamin C (PureWay-C® ascorbic acid) . . . . .	.600 mg
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**Non-medicinal Ingredients:** Citrus bioflavonoids, Rice bran, Beet root Powder.

- \* PureWay-C™ is manufactured using a novel propriety process that combines ascorbic acid with natural lipid metabolites derived from vegetable fat and citrus bioflavonoids.

NPN: 80102542 • 120, 180 caps


**References**

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