



# LUNG BRONCHIAL & SINUS HEALTH

Natural Support for Respiratory Health

Virtually all of us take the ability to get a good breath of air for granted. However, for people suffering from chronic sinusitis, asthma, bronchitis, chronic obstructive lung disease and other diseases of the respiratory tract, an effortless breath of air is greatly appreciated.

One of most important features of healthy airways is the elasticity and fluidity of the respiratory tract secretions. If the mucus is too thick and viscous, it creates a scenario that fosters blocked airways and difficulty in breathing. Fortunately there is a safe and effective natural product that can improve these secretions and as a result lead to easier breathing—Lung Bronchial & Sinus Health from Natural Factors.

Each tablet contains:

- N-acetylcysteine 200 mg
- Bromelain (1,000 GDU) 100 mg
- Marshmallow root extract 100 mg
- Mullein extract 100 mg
- Wild cherry bark extract 100 mg
- Horehound extract 50 mg
- Ivy extract 50 mg

## N-ACETYLCYSTEINE

N-acetylcysteine (NAC) is a derivative of the naturally occurring amino acid, cysteine. NAC has an extensive history of use as a mucolytic in the treatment of acute and chronic lung conditions such as emphysema, bronchitis, chronic asthma and cystic fibrosis. It directly splits the sulfur linkages of mucoproteins thereby reducing viscosity of bronchial and lung secretions. As a result it improves bronchial and lung function, reduces cough and improves oxygen saturation in the blood.

NAC is helpful in all lung and respiratory tract disorders, especially chronic bronchitis and COPD. In detailed analysis of 39 trials it has been concluded that oral NAC reduces the risk of exacerbations (severe worsening) and improves symptoms in patients with chronic bronchitis compared with a placebo.<sup>1,2</sup>

In addition to its effects as a mucolytic, NAC can increase the manufacturer of glutathione - a major antioxidant for the entire respiratory tract and lungs.

## IVY EXTRACT

Ivy leaf has a long history of use in asthma and COPD. Recent clinical research has validated an ability to reduce bronchial

spasm and improve respiratory secretions. Several double-blind studies have shown that ivy extract improves lung function and reduces asthma attacks.<sup>3,4</sup> These studies included double-blind studies in children. For example, in one double-blind study 25 children aged 10-15 years with asthma demonstrated improvements in lung capacity after 10 days of treatment with ivy extract. Improvements were shown to be clinically relevant and statistically significant 3 hours after administration of ivy extract on the 10th day of treatment. Results from this study and others indicate that ivy extract requires some time to work, but can produce clinical improvement in bronchial asthma and COPD.

## BROMELAIN

Bromelain refers to a group of sulfur-containing enzymes that digest protein (proteolytic enzymes or proteases) obtained from the pineapple plant (*Ananas comosus*). Bromelain has been shown to exert several effects of benefit in clearing the airways, suppressing coughs and reducing the viscosity of respiratory tract secretions. Patients with chronic bronchitis examined with a spirometer (a specialized apparatus for determining respiratory function) before and after bromelain treatment showed increased lung capacity and function.<sup>5</sup> These favourable effects were believed to be the results of a respiratory decongesting effect. Bromelain is also helpful in acute sinusitis.<sup>6</sup>

## THE EXPECTORANT POWER OF MULLEIN

To most people mullein is a common roadside weed with few redeeming features. To herbalists and natural medicine enthusiasts, mullein is one of the most important herbs for the relief of chest congestion and dry, irritating coughs. It is absolutely non-toxic and has been approved by the German Commission E (an expert committee that evaluates the safety and efficacy of phytomedicines) as an expectorant useful for the treatment of respiratory catarrh. The mucins in mullein help to heal and alleviate inflammations of the upper respiratory tract. The saponins in mullein help to dissolve phlegm and encourage expectoration.<sup>7</sup>

## HOREHOUND

Horehound's reputation as a superb cough remedy goes back at least 400 years. The German Commission E has approved horehound for the treatment of bronchial catarrh. The volatile oil, tannin and a bitter principle called marrubiin, are responsible for its medicinal action. Varro Tyler comments on the

value of horehound for respiratory tract problems: "The activity of the herb is attributed not only to its content of (0.06 percent) of volatile oil, but especially to a bitter diterpenoid lactone, marrubiin... This compound exerts a direct stimulatory effect on the secretions of the bronchial mucosa."<sup>8</sup>

### **WILD CHERRY BARK**

"Wild Cherry Bark's use for reducing symptoms of respiratory distress is without equal in the herb kingdom. Its widespread inclusion in over-the-counter cough medications testifies to its acceptance by the pharmaceutical and medical industries (many such preparations, however, on the mistaken assumption that the herb is just for taste, only use cherry flavouring). The real thing, the actual bark, is much more effective than most cough drop or throat lozenge-type preparations."<sup>9</sup>

### **MARSHMALLOW**

Marshmallow is so soothing that the peeled root was given as a chewstick to teething babies. However, in this herbal formula marshmallow is included because it protects and soothes inflamed mucous membranes. "Marsh mallow's demulcent qualities bring relief to dry coughs, bronchial asthma, bronchial congestion and pleurisy."<sup>10</sup>

### **HERBAL EXPECTORANTS**

Expectorants are effective in improving bronchial secretions in cases of sinusitis, asthma, bronchitis and other bronchial

irritations. Although somewhat effective on their own, herbal expectorants like extracts of wild cherry bark, mullein and horehound work best when combined with mucolytics (substances like bromelain and N-acetylcysteine which break-down mucus); and soothing demulcents (substances like marshmallow extract that soothe irritated mucous membranes).

### **BREATHE EASIER**

Natural Factors Lung Bronchial and Sinus is a cutting-edge formulation that can really help those with chronic respiratory problems breathe easier. It is a useful adjunct for anyone with asthma, bronchial congestion and sinus problems. It's also ideal for the rest of us who have occasional hay fever, or have to deal with air pollution such as car exhaust and second hand smoke. It can even help us get rid of a cold that seems to hang on too long. Why not try this superb formulation and see how it works for you?

### **DOSAGE**

Adults and children over 12 years of age: one or two tablets three times daily.

Children 6 to 12 years of age: one tablet up to three times daily. Not recommended for children under six years of age unless recommended by a physician.

### **SAFETY**

An acute asthma attack can be a medical emergency. If you are suffering from an acute attack, consult your physician or an emergency room immediately.

Persistent cough may indicate a serious condition. Consult your physician if cough persists for more than one week, recurs or is accompanied by high fever, rash or persistent headache.

### **REFERENCES**

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