

## NHP 18 PLANTAIN EXTRA

The ingredients are known to relieve breathing related problems. Excellent supplement for coughing, shortness of breath and lots of mucus. (80 capsules)



**Equisetum Arvense**

### Ingredients:

Plantago major (Plantain)	Whole plant
Thymus unlgaris (Thyme)	Root, stems
Equisetum arvense (Horsetail)	Stem
Prunus ameniaca (Apricot)	Kernel

Can be combined with:

3, 5, 6, 25, 26, 27, 28, 29 and 30. Select one only to combine for effective use.

Recommended Use:

Take 2 capsules twice daily with lukewarm warm water. Note: Stay away from cold food and drinks that come out of the refrigerator.

Meridians:

Lung, kidney