


**NHP 18 - PLANTAIN EXTRA FORMULA**  
bottle

80 capsules per

<p>According to the Chinese approach to health, the ingredients are known to relieve breathing related problems such as coughing, shortness of breath and lots of mucus production. Oxygen is extremely vital for the body. Without oxygen people die. Lungs are responsible for providing oxygen to feed the body. This formula tonifies the lungs. It may be of great benefit to people who have quit smoking. May be useful for lung problems such as asthma and bronchitis.</p>	<p style="text-align: center;"><b>木 賊</b></p> 
<p><b>Meridians / Systems:</b> lungs and kidneys</p> <p><b>Recommended Use:</b> <i>Adults:</i> Take 2 capsules twice daily.</p> <p><b>Restrictions / Notes:</b> Stay away from cold foods and drinks that just come out of the refrigerator.</p>	<p><b>Can be combined with:</b> 3, 5, 25, 26, 27, 28, 29, 30, 36, 43 Select <b>ONE ONLY</b> to combine with for effective use.</p> <p><b>Programs to consider:</b> Lung cleansing and tonify program - # 4 ( 6, 18 ) Allergy and asthma program - # 5 ( 22, 18 )</p>