

Inspir-Action® – Respiratory Health*

About Inspir-Action

- A synergistic combination of herbal extracts and nutrients designed to support healthy lung, bronchial, and upper respiratory function.*
- A key ingredient is N-acetyl-L-cysteine (NAC), a form of the amino acid L-cysteine.¹ NAC helps maintain normal internal levels of glutathione, involved in antioxidant processes in lung tissue.*²
- NAC also helps maintain healthy mucus consistency.*³⁻⁷
- NAC, along with the pineapple extract bromelain, offers support for occasional sinus discomfort and helps maintain sinus health.*⁸⁻¹⁰
- Ivy leaf helps relax smooth muscle in the lungs, and horehound helps maintain healthy mucus levels.*¹¹⁻¹³
- Wild cherry bark offers support for occasional respiratory discomfort.*¹⁴
- Marshmallow root and mullein support healthy function in the throat and bronchial areas.*^{15,16}

How to Use Inspir-Action

- 1 tablet 3 times per day with food or as directed by a health care professional. For prolonged use, consult a health care professional.

Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Drug Interactions

- Although NAC may reduce nitroglycerin tolerance and alter its efficacy for unstable angina, severe headaches and hypotension may occur. Bromelain may increase the concentration of several antibiotics and should be used with caution in patients on anticoagulants. Marshmallow may have a hypoglycemic effect and should be used with caution with antidiabetic medications.

Quick Tips for Optimal Health

- Flush out your nose. If you have mild, occasional sinus discomfort, flushing the sinuses with a preservative-free sterile saline solution helps remove sticky mucus and reduces stuffiness.*¹⁸⁻²⁰
- Move and meditate. Participating in 2.5 hours weekly of either group exercise or mindful meditation, or a daily solo 45-minute brisk walk or meditation session, helps support immune and upper respiratory health.*^{21,22}
- Make sure you are getting enough vitamin D and/or sunshine. Normal vitamin D levels help support healthy immune function.*²³
- Get some sleep. If you sleep less than 7 hours a night you are at least four times more likely to develop a cold.*^{24,25}
- Relax. Too much stress increases your risk of catching a cold.*²⁶
- Wash your hands. Frequent hand washing and/or the use of a face mask reduces the risk of developing respiratory infections.*²⁷

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

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