

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 pineapple stem 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 leaf & flower help maintain healthy mucus levels.*¹¹⁻¹³
- Wild cherry bark offers support for occasional respiratory discomfort.*¹⁴
- Marshmallow root and mullein leaf support healthy function in the throat and bronchial areas.*^{15,16}

How to 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.

Quick Tips for Optimal Health

- ☐ Flush your nose. If you have mild, occasional sinus discomfort, flushing the sinuses with a preservative-free, sterile saline solution helps remove sticky mucus and reduce 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. Fewer than 7 hours a night can make it harder for your body to stay resilient.*^{24,25}
- ☐ Relax. Too much stress can affect your body's natural defenses.*²⁶
- ☐ Wash your hands. Frequent handwashing and/or the use of a face mask help support everyday wellness.*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.

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