



## Product Information

**Lung Ha** is a herbal formula crafted to promote respiratory health by relieving lung congestion, reducing inflammation, and supporting clearer breathing. This unique blend combines traditional herbal ingredients from East Asian and Ayurvedic medicine, aimed at expelling phlegm, soothing irritated lungs, and enhancing overall respiratory function.

### Key Benefits

- **Clears Mucus:** Helps expel phlegm from the respiratory tract, promoting easier breathing.
- **Reduces Inflammation:** Alleviates swelling and irritation in the lungs for better respiratory function.
- **Soothes Irritated Lungs:** Provides a gentle, calming effect on the lungs, ideal for those with respiratory discomfort.
- **Supports Lung Function:** Enhances overall lung health for improved breathing capacity.

### Ingredients

**1. Platycodon grandiflorus (Balloon Flower Root)**

Known in East Asian medicine as a powerful expectorant, this root helps clear phlegm and relieve cough.

**2. Panax notoginseng (Tienchi Ginseng or San Qi)**

Contains anti-inflammatory properties and improves blood circulation, which can help reduce lung congestion.

**3. Piper longum (Long Pepper)**

An Ayurvedic herb that acts as an expectorant and bronchodilator, helping clear mucus and ease congestion.

**4. Glycyrrhiza glabra (Licorice Root)**

Recognized worldwide for its soothing effects on the respiratory tract; helps reduce inflammation and loosen mucus.

**5. Verbascum thapsus (Mullein Leaf)**

Commonly used in Western herbal medicine to soothe irritated lungs and function as an expectorant.

**6. Cordyceps sinensis (Dong Chong Xia Cao)**

A traditional Chinese medicinal fungus that enhances lung function and helps reduce phlegm.

**7. Ocimum sanctum (Holy Basil or Tulsi)**

A revered herb in Ayurveda with anti-inflammatory and antimicrobial properties, aiding in respiratory relief.

**8. Zingiber officinale (Ginger)**

Used in Chinese and Ayurvedic medicine for its anti-inflammatory and expectorant properties, aiding in phlegm reduction and congestion relief.

**9. Cinnamon**

- **Pure and Potent:** Our extracts are made from the highest quality ingredients, ensuring maximum efficacy and purity.
- **Ethically Sourced:** We are committed to sustainable and ethical sourcing practices, respecting both nature and the communities we work with.
- **Scientifically Backed:** Our formulations are grounded in scientific research, combining traditional knowledge with modern science.
- **Highly bio-available due to heat and hydro-alcohol reflux extraction**
- **Organic, Non-GMO, Gluten free**
- Extracted with **Maui-grown organic sugarcane alcohol** and deep ocean mineral water.