

Inspir-Action® – Respiratory Health

About Inspir-Action

- A synergistic combination of herbal medicine extracts and nutrients designed to reduce coughing and ease lung and nasal congestion.
- A key ingredient is N-acetyl-L-cysteine (NAC), a form of the amino acid L-cysteine.¹ NAC helps restore internal levels of glutathione, a potent antioxidant that helps stop free radical tissue damage.²
- NAC is an excellent natural remedy for reducing the amount and stickiness of mucous for both acute bronchitis and chronic lung diseases such as chronic obstructive pulmonary disease.³⁻⁷
- NAC, along with the pineapple extract bromelain, aids in the reduction of chronic sinus inflammation.⁸⁻¹⁰
- Ivy leaf and horehound extract help eliminate mucous (expectorate) and help relax smooth muscle in the lungs.¹¹⁻¹³
- Wild cherry bark reduces the irritation and spasm associated with a hacking cough.¹⁴
- Marshmallow root and mullein help ease inflammation in the throat and the lung bronchial area.^{15,16}

How to Use Inspir-Action

- 1 tablet 3 times per day with food providing protein or as directed by a health care practitioner. Take 2 hours before or after taking other medications. For prolonged use, consult a health care practitioner.

Cautions and Contraindications

- Consult a health care practitioner if symptoms persist and worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you are taking hypoglycemic drugs, if you have gastrointestinal lesions/ulcers, are taking anticoagulants/blood thinners, anti-inflammatory agents or antibiotics, or having surgery. Hypersensitivity/allergy has been known to occur, in which case discontinue use. Nausea, vomiting, and diarrhea have been known to occur, in which case discontinue use and consult a health care practitioner. Side effects are unusual, but can include nausea, vomiting, diarrhea, transient skin rash, flushing, epigastric pain, and constipation.¹⁷ Keep out of reach of children.

Drug Interactions

- Although NAC may reduce nitroglycerin tolerance and improve 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 anti-diabetic medications.

Quick Tips for Optimal Health

- Flush out your nose. If you have sinusitis, flushing the sinuses with a preservative-free sterile saline solution helps remove sticky mucous and reduces stuffiness.¹⁸⁻²⁰
- Move and meditate. Participating in 2.5 hours of a weekly group session of either exercise or mindful meditation, or a daily 45-minute brisk walk or meditation, helps ease both the severity and the length of acute flu and cold episodes.^{21,22}
- Make sure you are getting enough vitamin D and/or sunshine. Supplementation, especially among people with low vitamin D levels, can significantly reduce the risk for a respiratory infection.²³
- Wash your hands. Frequent hand washing and/or the use of a face mask reduces the risk of developing respiratory infections.²⁴
- Get some sleep. If you sleep less than 7 hours a night you are at least 4 times more likely to develop a cold.^{25,26}
- Relax. Too much stress increases your risk of getting ill with a cold.²⁷

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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