



Fenugreek & Fennel Combination

Product Code: 775, (100 capsules)

Fenugreek & Fennel Combination is unique KEY SYSTEM Product.

This formula contains only the finest quality herbs available, including: boneset herb, horseradish root, mullein leaves, fennel seeds and fenugreek seeds. It is a traditional formula used by nutritionists for the respiratory system and provides specific nutrients that nourish the lungs.

THE RESPIRATORY SYSTEM

The respiratory system is responsible for supplying oxygen to the blood and expelling waste gases. Without oxygen, body cells start dying within minutes. Since oxygen is so vital to the energy needs of the body, it is essential that we maintain healthy lungs by breathing unpolluted air as much as possible and by supplying the body with good nutrition.

Take 2-4 capsules every two-four hours. Also available as a liquid extract (59ml), take 20-30 drops (1-2 ml), or 10-20 drops (0.5-1 ml) for children, with water every two-four hours.

Boneset (*Eupatorium perfoliatum*) is a well-known herbal remedy for the treatment of influenza and fever. Boneset has also been traditionally used for acute bronchitis, respiratory congestion, and as an expectorant. Boneset is noted for its ability to alleviate many of the symptoms associated with colds and flu, including reducing fever, relieving congestion and reducing aches and pain. In fact, a study involving 53 individuals found that a homeopathic preparation of boneset was equally effective as aspirin for reducing body temperature and relieving patient discomfort associated with the common cold. Studies indicate that boneset's immune-stimulating properties are due to the presence of sesquiterpene lactones and polysaccharides in the plant. One study found boneset polysaccharides to be 10 times stronger than echinacea polysaccharides. Studies have also documented anti-inflammatory activity for some of the flavonoids found in boneset.¹⁻⁶

Fennel seeds (*Foeniculum vulgare*) - Fennel is often used as an expectorant and bronchodilator for the treatment of colds and coughs, including bronchitis, and to dissolve mucus in the respiratory tract. Fennel also exhibits antibacterial, analgesic (pain-relieving), antipyretic (fever-reducing) and some immunomodulatory activity. Fennel seeds contain the phytochemical alpha-pinene, which demonstrates expectorant activity to help loosen phlegm in the lungs, as well as a volatile oil that has been shown to decrease the volume and thickness of expelled respiratory mucus in animal studies. In another study, fennel exhibited inhibitory effects against Type IV (delayed hypersensitivity) allergic reactions. Furthermore, with the rise of multidrug-resistant tuberculosis cases around the world, a recent study found that fennel demonstrated antimycobacterial activity against all drug-resistant variants of *Mycobacterium tuberculosis* tested.^{3,7-11}

Fenugreek seeds (*Trigonella foenum-graecum*) - Fenugreek has been used in folk medicine since the time of ancient Egypt for a variety of respiratory tract illnesses and associated symptoms, including chronic cough, fever, upper respiratory catarrh (inflammation of mucus membranes), bronchitis and tuberculosis. Animal studies have confirmed fenugreek's immunostimulatory, anti-inflammatory and antipyretic effects. Fenugreek is also an effective expectorant. Although fenugreek has no known toxicities, it does contain estrogen-like compounds and should not be taken during pregnancy. Also, people with allergies to chickpeas (a close relative) may experience similar allergic reactions to fenugreek.^{2,3,12-16}

Horseradish root (*Armoracia rusticana*) has a long history of use treating bronchial congestion and infections, as well as tissue inflammation and swelling. In the cold, damp climates of northern Europe, horseradish has been used for coughs, bronchial congestion, influenza and other respiratory ailments, primarily due to its ability to stimulate blood flow to the respiratory mucosa, decrease the thickness of mucus, and aid in clearing respiratory catarrh by breaking up congestion in the lungs and sinuses. In North America, the Cherokee Indians used horseradish as a respiratory aid for asthma. Horseradish has also been used as a mucolytic to help loosen viscid (thick and adhesive) sputum in cases of whooping cough. Research has confirmed that horseradish exhibits antimicrobial activity against both gram-positive and gram-negative bacteria. Furthermore, the German Commission E has approved horseradish for the treatment of respiratory tract infections and catarrh, coughs, and bronchitis.^{3,7,13}

Mullein leaves (*Verbascum thapsus*) have been used for the treatment of asthma, spasmodic coughs, tuberculosis and other pulmonary (lung) problems, as well as inflammatory diseases and migraine headaches. Mullein acts as an expectorant to encourage elimination of respiratory tract mucus; as an antitussive to suppress coughing; and as a respiratory demulcent to soothe irritated tissues. Mullein is reported to help tone the mucous membranes of the respiratory tract and increase fluid production to relieve dry, unproductive coughs and soothe irritation in the throat and bronchial passages. Mullein is approved by the German Commission E for treating upper respiratory tract catarrh and is also indicated as an anticatarrhal remedy for sinusitis and allergic rhinitis (hayfever). Various extracts of mullein have demonstrated antibacterial activity against *Klebsiella pneumonia* and *Staphylococcus aureus*. Furthermore, an alcoholic extract of mullein has exhibited antiviral activity.^{1,3,7,13,17-21}

ALJ liquid extract contains the above herbal ingredients in an alcohol-free vegetable glycerin base.

References:

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