

Fenugreek & Thyme

100 capsules, Herbal combination, Stock No. 884-6

Fenugreek & Thyme is a popular combination for nutritionally supporting the respiratory system.

Fenugreek & Thyme is an herbal decongestant and expectorant which helps relieve respiratory congestion, inflammation, and infection.

Did you know?

French scientists have shown fenugreek stimulates general pancreatic secretion, of use for improving severe diabetes. Culpeper wrote that thyme was "a strengthener of the lungs" and "taken internally, comforts the stomach much, and expels wind."

Poor digestion is frequently the cause of respiratory congestion and constriction since undigested proteins can activate allergic responses which cause the release of histamines.

NSP Advantage

100 capsules. Herbal Combination.

Ingredients: 475 mg of the finest fenugreek (*Trigonella foenum-graecum*) seeds, thyme (*Thymus vulgaris*) herb, and wood betony (*Betonica officinalis*) herb. High in chromium, iron, selenium, silicon, and thiamine.

Recommendation: Take two capsules with a meal twice daily.

Features & Benefits

- The herbs in this combination have traditionally been used to treat symptoms of respiratory congestion and constriction, including allergies, asthma, bronchitis, colds, hayfever, and sinus/lung congestion.
- The herbs in this combination help to relax muscles spasms to reduce coughing and stimulate expectoration, and have been shown to help soothe inflamed tissues.
- Fenugreek has traditionally been used to stimulate liver function and improve digestion. It has many other traditional uses including the following:
 - a tonic to increase the appetite and improve digestion and to stimulate the intestine, also to treat dyspepsia (indigestion) and gastritis
 - used to relieve respiratory irritation, as a mucilage in catarrh (inflammation of mucous membranes) of the upper respiratory passages
 - used as an expectorant and mucilaginous demulcent (soothes and softens, relieves pain of inflamed or irritated mucous membranes).
 - used as an antipyretic to reduce fevers
 - to treat chronic affections of the stomach and bowels, as a laxative
- Thyme has many traditional uses including:
 - an antiseptic and antipyretic (reduces fever)
 - as an expectorant and for treating symptoms of bronchitis and catarrhs (inflammation of mucous membranes) of the upper respiratory tract