



**Code:** 9604 **NPN:** 80040826  
**Size:** 60 Tablets  
**Actual Size:** 19.58 mm x 8.26 mm



# Inspir-Action®

**Helps Relieve Symptoms of Chronic Bronchitis  
 Relieves and Soothes Coughs**

- Provides mucolytic, demulcent, and antitussive action for relief of cough, bronchitis, sinusitis, congestion, and other respiratory conditions
- Respiratory formula with a unique combination of botanicals and nutrients designed to reduce symptoms and restore function
- Clinically relevant dosages of each active ingredient
- NAC also increases glutathione levels, a key antioxidant in lung tissues

## PRODUCT SUMMARY

Inspir-Action provides a potent combination of nutrients and botanicals to provide relief from symptoms and improve respiratory function. N-acetyl-L-cysteine (NAC) is a well-established mucolytic with the ability to break disulfide bonds, and has shown clinical benefit for individuals with COPD, bronchiectasis, and pulmonary fibrosis. NAC has also been shown to decrease symptoms of influenza-like infection, increase glutathione and sulfotransferase levels, inhibit activation of the inflammatory NF-κB pathway, and modulate immune function.

Proteolytic enzymes can lower the viscosity of mucous secretions, and in a randomized trial bromelain reduced symptoms of acute sinusitis in children more effectively than a standard therapy. Marshmallow is widely used for cough and soothing of irritated mucous membranes, with mucilaginous and bio-adhesive effects attributed to polysaccharides extracted from the root. English ivy extract increases beta-2-adrenergic bronchial activity, relaxing smooth bronchial musculature and increasing surfactant factors. It has been shown to be an effective treatment for acute bronchitis and to improve lung function among asthmatic children when used in addition to standard medication. Extracts of mullein, wild cherry, and horehound similarly have a long history of use for various respiratory tract pathologies. These ingredients complement this formula with a unique combination of demulcent, emollient, expectorant, and antitussive properties to provide relief from symptoms.



# INSPIR-ACTION®

HELPS RELIEVE SYMPTOMS OF CHRONIC BRONCHITIS · RELIEVES AND SOOTHES COUGHS

**Serving Size:** 1 Tablet

**Servings per Container:** 60

**Each Tablet Contains:**

N-Acetyl-L-Cysteine.....	200 mg
Bromelain ( <i>Ananas comosus</i> var. <i>comosus</i> ) (stem) .....	100 mg (1,500,000 FCC PU*)
Marshmallow Extract 4:1 ( <i>Althaea officinalis</i> ) (root) .....	100 mg
Mullein Extract 4:1 ( <i>Verbascum thapsus</i> ) (leaf) .....	100 mg
Wild Cherry Extract 4:1 ( <i>Prunus serotina</i> ) (bark).....	100 mg
Horehound Extract 4:1 ( <i>Marrubium vulgare</i> ) (herb).....	50 mg
Ivy Extract ( <i>Hedera helix</i> ) (leaf) (10% Hederacoside).....	50 mg

\*FCC: Food Chemical Codex, PU: Papain Unit

**Non-medicinal Ingredients:** Microcrystalline cellulose, croscarmellose sodium, coating (carbohydrate gum [cellulose], glycerin), vegetable grade magnesium stearate (lubricant).

**Recommended Adult Dose:** 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.

**Recommended Use:** Helps to relieve the symptoms of chronic bronchitis. Ivy extract is traditionally used in herbal medicine to help relieve/soothe coughs.

**Caution:** Consult a health care practitioner if symptoms persist or worsen. Do not use if you are pregnant or breastfeeding. Consult a health care practitioner prior to use if you have gastrointestinal lesions/ulcers, cystinuria, are taking anticoagulants/ blood thinners, anti-inflammatory agents, antibiotics, nitroglycerin, or hypoglycemic drugs, or if you are 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. 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 antidiabetic medications.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



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# 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.<sup>1</sup> NAC helps restore internal levels of glutathione, a potent antioxidant that helps stop free radical tissue damage.<sup>2</sup>
- 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.<sup>3-7</sup>
- NAC, along with the pineapple extract bromelain, aids in the reduction of chronic sinus inflammation.<sup>8-10</sup>
- Ivy leaf and horehound extract help eliminate mucous (expectorate) and help relax smooth muscle in the lungs.<sup>11-13</sup>
- Wild cherry bark reduces the irritation and spasm associated with a hacking cough.<sup>14</sup>
- Marshmallow root and mullein help ease inflammation in the throat and the lung bronchial area.<sup>15,16</sup>

## 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.<sup>17</sup> 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.<sup>18-20</sup>
- 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.<sup>21,22</sup>
- 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.<sup>23</sup>
- Wash your hands. Frequent hand washing and/or the use of a face mask reduces the risk of developing respiratory infections.<sup>24</sup>
- Get some sleep. If you sleep less than 7 hours a night you are at least 4 times more likely to develop a cold.<sup>25,26</sup>
- Relax. Too much stress increases your risk of getting ill with a cold.<sup>27</sup>

PATIENT NAME: \_\_\_\_\_

**PRACTITIONER NOTES:**

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PRACTITIONER CONTACT INFORMATION:

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