



Fenugreek-Thyme

Nature's Harmony® Fenugreek-Thyme is an exceptional natural formula of two herbs that have a long traditional use for treating symptoms of bronchitis.

PRODUCT CODE: 400812

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Traditionally used in Herbal Medicine as an expectorant to help relieve the symptoms of bronchitis and catarrh of the upper respiratory tract.	Capsules	Adults take 2 capsules three times daily. Consult a health care practitioner for prolonged use.

DESCRIPTION:

Each capsule of Nature's Harmony® Fenugreek-Thyme contains 250 mg of fenugreek (*Trigonella foenum-graecum*) seed and 250 mg of thyme (*Thymus vulgaris*) leaf. This product is free of corn, dairy, egg, gluten, shellfish, soy, sulfites, and artificial colours, flavours, and preservatives.

Recommended Daily Allowance: N/A

Food Sources: N/A

Causes of Deficiency: Compromised immune system.

Symptoms of Deficiency: Bronchitis, cough, respiratory irritation.

Complementary Nutrients: Healthful diet and lifestyle.

HOW IT WORKS:

Fenugreek is known to relieve respiratory irritation. Fenugreek contains natural expectorant properties ideal for treating sinus and lung congestion and for loosening and removing excess mucus or phlegm. This herb also contains mucilagens, which are known for soothing and relaxing inflamed tissues.

Thyme is known to be effective for treating flu, coughs, and breathing problems. Thyme contains thymol, which has been shown to have disinfectant and antiseptic properties. Thyme also warms and stimulates the lungs, expels mucus, and relieves congestion, and it helps to deter bacterial, fungal, and viral infections. Another constituent of thyme, carvacrol, has a relaxing effect on the smooth muscles of the gastrointestinal tract.



DID YOU KNOW...

Fenugreek seed was used by the ancient Egyptians and Greeks for respiratory problems.

Fenugreek-Thyme

RESEARCH:

The efficacy of fenugreek and thyme is borne out by centuries of traditional use. In traditional Chinese medicine, fenugreek's recorded use dates back a thousand years. Likewise, the ancient Greeks make reference to thyme, which has been utilized for coughs, bronchitis, asthma, and whooping cough. Animal and human experiments show that thyme has expectorant and bronchodilator effects.

SIDE EFFECTS:

Some individuals may experience skin or mucous membrane irritation.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner if symptoms persist or worsen. Discontinue use if skin hypersensitivity occurs (skin or mucous membrane irritation) or if you are undergoing hypoglycemic, hormonal, or anticoagulant therapy or are taking monoamine oxidase inhibitors.

OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

Natures Harmony®

Fenugrec-Thym
500 mg

Un expectorant pour aider à soulager les symptômes de bronchite

60 capsules
NPN 80011345

Usage recommandé : Utilisé traditionnellement en phytothérapie comme expectorant pour aider à soulager les symptômes de la bronchite et les catarrhes des voies respiratoires supérieures.
Dose recommandée (adultes) : Prendre 2 capsules, trois fois par jour.
Ingédients médicinaux :
Chaque capsule contient :
Graine de fenugrec (Trigonella foenum-graecum) 250 mg
Feuille de thym (Thymus vulgaris) 250 mg
Ingédients non médicinaux : stéarate de magnésium, dioxyde de silicium, gélatine.
Information sur les risques : Ne pas utiliser si vous êtes enceinte ou allaitante. Consultez un praticien de la santé avant de prendre ce produit si les symptômes persistent ou s'aggravent. Discontinuez l'usage en cas d'hypersensibilité de la peau (irritation de la peau ou des muqueuses) ou si vous suivez une thérapie hypoglycémique, hormonale ou anticoagulante, ou si vous prenez des inhibiteurs de la monoamine oxydase. Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soja, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.

Recommended Use: Traditionally used in Herbal Medicine as an expectorant to help relieve the symptoms of bronchitis and catarrh of the upper respiratory tract.
Recommended Dose (Adults): Take 2 capsules three times daily.
Medicinal Ingredients:
Each capsule contains:
Fenugreek (Trigonella foenum-graecum) seed 250 mg
Thyme (Thymus vulgaris) leaf 250 mg
Non-medicinal Ingredients: Magnesium stearate, silicon dioxide, gelatin.
Risk Information: Do not use if pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Discontinue use if skin hypersensitivity occurs (skin or mucous membrane irritation) or if you are undergoing hypoglycemic, hormonal, or anticoagulant therapy or are taking monoamine oxidase inhibitors. This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat or artificial colours, flavours or preservatives.

Natures Harmony®

Fenugreek-Thyme
500 mg

An expectorant to help relieve the symptoms of bronchitis

60 Capsules
NPN 80011345

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN, NE PAS UTILISER SI L'ÉPERGULE INTÉRIEURE EST BRISÉE.
www.naturesharmony.com
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STORER DANS UN ENDROIT FRAIS ET SEC, TENIR HORS DE LA PORTEE DES ENFANTS.
STORE IN A COOL DRY PLACE, KEEP OUT OF REACH OF CHILDREN.