



BreatheEasy

Stop smoking for good



- A natural approach to walking away from cigarettes
- Certified organic

ISO 17025
Accredited Laboratory



newrootsherbal.com





BreatheEasy

BreatheEasy combines certified organic botanical extracts to help you manage tobacco cravings, to reduce tension associated with smoking cessation, and to facilitate the release of accumulated tobacco toxins from your body. **BreatheEasy** begins to change the taste of cigarettes, enough to help you break the habit.

How it Works

BreatheEasy uses a three-fold approach to help those who are ready to break free once and for all. First, it creates a strong distaste for tobacco (and nausea in many people when smoking). Next, the lungs are cleansed with an effective expectorant, which hastens the removal of toxins and foreign material from the lungs. Finally, **BreatheEasy** assists in cleansing the blood of toxins, nicotine, and other hazardous chemicals. By making smoking unbearable and rapidly clearing the body of addictive chemicals, **BreatheEasy** is a fast-acting and effective partner in reclaiming your freedom.

Your chances of quitting for good
can increase if you view quitting
as a journey rather than seeing it
as a challenge

What You Should Expect

Once you've quit, the effects are dramatic and immediate. **After the first day**, oxygen and carbon monoxide levels return to normal. **After two days**, your taste buds grow back and your senses of smell and taste are revived. **After two weeks**, breathing and cardiovascular circulation improve dramatically.

The Choice Is Yours

BreatheEasy is specially formulated to make the taste of smoking unbearable and nauseating. At some point, you'll have to decide whether you want to smoke or whether you want to remain on the formula, because you can't do both. When you have passed this point, you should consider using **Multi-MaxImmune** multivitamins for two months to remove all toxins from your body.

What's in BREATHE EASY?

Plantain consists of the dried leaves of *Plantago major* (fam. Plantaginaceae) gathered during the flowering period. Plantain causes an aversion to tobacco. Its antitoxic, anti-inflammatory, and expectorant characteristics are why the plant is useful in lung disorders and has a deterrent effect on smoking. The structure of plantain includes a remarkable glycoside of the monoterpene class (iridoid) called aucubin.

Lobelia has the following active ingredients: alkaloids, chelidonic acids, isolobeline, lobelic acid, lobeline, selenium, and sulfur. The isolate isolobeline is similar to nicotine, and therefore your body will think it is getting nicotine when, in fact, it is not. Lobelia is also a cleansing herb, so it will be beneficial to clear some of the effects of smoking on the body. Lobelia is used as an expectorant and stimulant, and can cut down on food cravings associated with quitting smoking. Lobelia is used as a cough suppressant and relaxant that reduces fever and cold symptoms. It is beneficial in the treatment of sore throats, laryngitis, asthma, and bronchitis.

Alfalfa contains chlorophyll, which is known for its unique cleansing detoxification properties for the body. It also contains biotin, calcium, choline, inositol, iron, magnesium, PABA, phosphorus, potassium, protein, sodium, sulfur, amino acids, and vitamins. It oxygenates the blood, contains an antifungal agent, and generally helps to augment vitality. Alfalfa is very rich in different nutrients, which are valuable in improving overall health and vigour.

By now the taste of smoking should be unbearable and nauseating. You will have to choose whether you prefer to smoke or remain on the formula, because taking both will be unpleasant.

References

- Threlkeld, D.S., ed. "Central nervous system drugs, nonsteroidal anti-inflammatory agents". In: *Drug Facts and Comparisons*. St. Louis, Facts and Comparisons, 1993.
- Davison, G.C. and R.C. Rosen. "Lobeline and reduction of cigarette smoking". *Psychological Reports* Vol. 31, No. 2 (1972): 443–456.
- Koichev, A., M. Markov, and I. Angelova. "[Pharmacologic-clinical study of a preparation from *Plantago major*]" (article in Bulgarian). *Problemi na Pnevmonologiyata i Fizioteriyata* Vol. 10 (1983): 68–74.
- Matev, M., et al. "[Clinical trial of a *Plantago major* preparation in the treatment of chronic bronchitis]" (article in Bulgarian). *Vutreshni Bolesti* Vol. 21, No. 2 (1982): 133–137.
- Bachman, J.G., L.D. Johnston, and P.M. O'Malley. "Smoking, drinking, and drug use among American high school students: correlates and trends, 1975-1979". *American Journal of Public Health* Vol. 71, No. 1 (1981): 59–69.
- Hughes, J.H. and A.L. Letner. "Chlorophyll and haemoglobin regeneration after haemorrhage". *The Journal of Physiology* Vol. 86, No. 4 (1936): 388–395.



Each vegetable capsule contains:

Certified organic alfalfa (<i>Medicago sativa</i>).....	100 mg
Certified organic plantain (<i>Plantago major</i>)	500 mg
Certified organic <i>Lobelia inflata</i>	50 mg

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80036947 · V0123-R2

Suggested use:

Adults: Take 2 capsules twice daily or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

HP0242

