

FAST FACTS



Herbalists have long known that a healthy and unrestricted respiratory system, free from allergic reactions, is critical to optimal wellness, and that certain herbs work to support the respiratory system to help prevent periods of imbalance. GNL's HRF contains a unique blend of herbs to support balanced respiratory function necessary to help you breathe freely and resist the negative effects of pollution, bacteria, and allergens.

HRF (Herbal Respiratory Formula) – *Helps you to breathe more freely!*

HRF helps if:

- You have hay-fever or allergies
- You have a dry, irritable cough
- You get sore throats/hoarseness
- You frequently suffer from bronchitis
- You frequently suffer from tonsillitis
- You are prone to colds and 'flu'
- You suffer from viral infections a lot
- You have sinusitis or sneezing
- You have asthma
- You have emphysema
- You have mucous congestion

Why GNL HRF?

- **Comprehensive formula.** Our unique "complete family" approach to the formula provides broad, synergistic effects of the herbal constituents, which maximises their ability to support a healthy respiratory system – essential for optimal respiratory function.
- **Herbs are selected from many global traditions,** bringing you the best herbal knowledge from around the world.
- **Contains Elecampane root,** which has been shown to support lung function, help relieve coughing, stimulate bronchial secretions, and help ward off infections of the lower respiratory tract.

- **Contains Nettle Leaf and Elder Flower,** which have been shown to help fight minor symptoms of allergies and hay fever and help reduce congestion.
- **Contains Thyme and Aniseed** that both assist clear and uncongested airflow, especially in the bronchial area and lungs.
- **Guaranteed purity.** No toxic gasses or gamma irradiation used to obtain purity. Guaranteed free of microbial contamination. Pressed tablets packaged into convenient, hermetically-sealed blister packs.
- **Guaranteed potency, and consistency.** Concentrated, standardised active ingredients for potency, accurate dosage and reproducible benefits in a convenient tablet format.
- **100% natural herbal formula** contains no chemical or animal products. No added sucrose, gluten, yeast, corn, soy, or milk derivatives.

GNL's HRF is a gentle, yet potent blend of herbs that helps support a healthy, unrestricted respiratory system, free of respiratory sensitivities and distress, allowing the lungs to fill completely with life-giving oxygen – critical to optimal wellness.



INTERNATIONAL

For more information please contact your local GNLD Distributor

www.gnld.com.au

HRF 6/04

www.gnld.co.nz

Code 748



Member of the Direct Selling Association
in Australia and New Zealand

www.dsaa.asn.au



www.dsanz.co.nz

References and suggested further reading

Hsu, Hong-Yen, *Oriental Materia Medica*, Keats Publishing Company, New Canaan, CT, 1986.

McIntyre, A., *The Complete Woman's Herbal*, Gala Books Ltd, London, 1994.

Chevallier, A., *Encyclopedia of Medicinal Plants*, Dorling & Kiinderaley Ltd, London, 1996.

Hoffman, D., *The Complete Illustrated Holistic Herbal*, London, 1996.

Herb	Actions and Benefits
Elecampane – root (<i>Inula helenium</i>)	Promotes clear, calm and healthy bronchial and pulmonary mucosa, free of spasms and restrictions; encourages regular airflow. Supports a strong immune system.
Nettle – leaf (<i>Urtica dioica</i>)	Supports a healthy respiratory response to pollen and other common allergens. Promotes efficient kidney function.
Thyme – herb (<i>Thymus vulgaris</i>)	Encourages calm and unrestricted air flow and healthy, clear lungs. Calms and soothes distressed tissue. Promotes vitality and healthy immune responses.
Elder – flower (<i>Sambucus nigra</i>)	Supports normal temperature levels; soothes distressed tissue. Promotes healthy, normal moisture content along airway passages; encourages regular airflow.
Aniseed – seed (<i>Pimpinella anisum</i>)	Promotes clear, relaxed breathing, free of spasms and restrictions. Encourages normal moisture content of airway mucosa. Also calms and quiets digestion.
Liquorice – root (<i>Glycyrrhiza glabra</i>)	Calms and soothes distressed tissue. Assists a clear, relaxed respiratory response to pollen and other common allergens. Encourages normal moisture content of airway mucosa.
Bayberry – root bark (<i>Myrica cerifera</i>)	Encourages normal moisture content of airway mucosa and clear, regular air flow. Promotes healthy blood circulation. Also calms digestion.

The GNLD Challenge:

Deliver pure, potent herbal ingredients

GNLD's HRF, as part of our Herbal Alternatives range is superior to its market competitors. We are so confident that our product is without peer that we dare the competition to brave the "GNLD Herbal Alternatives Challenge." For a herbal supplement to be equivalent to GNLD's Herbal Alternatives, it must meet the following criteria:

	GNLD Herbal Alternatives	Competitors Products
Utilises polypharmacy – based on traditional herbalism, combines the synergistic benefits of selected herbs to optimise wellness.	✓	?
Benchmarks the industry standard for purity and cleanliness. Ensures herbal products free of contamination without using toxic gases or gamma radiation.	✓	?
Concentrated for potency and great value. Concentrates active ingredients at least five times their natural potency.	✓	?
Standardised active ingredients. Key active ingredients are standardised for consistent potency.	✓	?