

Mullein

100 capsules, Single herb, Stock No. 460-7

Mullein was introduced from Europe into North America. In all probability Native Americans learned from early settlers to treat respiratory problems using the herb.

By 1913, Mullein had become extremely popular in North America as a treatment for coughs and inflamed mucous membranes lining the throat. Mullein contains mucilaginous substances which protect mucous membranes and prevent them from absorbing toxins.

Did you know?

The botanical family name of Mullein, the Scrophylariaceae, is derived from scrofula, an old term for chronically swollen lymph glands, later identified as a form of tuberculosis.

During the Middle Ages, the French used the herb to treat malandre, an animal disease that produces boils on horses' necks. Malandre eventually became malen, and finally mullein.

NSP Advantage

100 capsules. Single herb.

Ingredients: 290 mg of the finest mullein (*Verbascum thapsus*) leaf.

Mullein contains naturally-occurring amounts of calcium, chromium, cobalt, iron, magnesium, manganese, niacin, phosphorus, silicon, sodium, and vitamins A and C.

Recommendation: Take two capsules with a meal twice daily.

Features & Benefits

- Provides soothing relief to the lungs and throat.
- Stimulates the expectoration of excess phlegm.
- Soothes irritation in the bronchial passages.
- Helps fight viral infection.
- Helps relieve laryngitis symptoms.
- Helps treat respiratory conditions, including emphysema.
- May help relieve stomach cramps.
- Helps control diarrhea.