

Nasal Tabs 2™

Herbal Supplement

Therapeutic Actions

1. Acute and chronic sinus congestion with thick, yellow mucus, sinusitis, rhinitis, hay fever, colds, flu
2. Snoring due to facial congestion
3. Earache due to sinus blockage
4. Sinus headache

Chinese Therapeutic Effects

Releases the surface

Dispels wind

Circulates blood

Administration

Concentrated Extract

Internal: 2 to 3 tablets TID

90 tablets, 750mg, 15 day supply

Ingredients

Xanthium fruit
cang er zi

Ligusticum root
chuan xiong

Licorice root
gan cao

Eucalyptus leaf
Eucalyptus globulus

Cinnamon twig
gui zhi

Angelica root
bai zhi

Thyme leaf
Thymus vulgaris

Red Peony root
chi shao

Cimicifuga rhizome
sheng ma

Formula Rationale

Nasal Tabs 2 is based on several traditional formulas. Xanthium (*cang er zi*) is used to open nasal passages. It also has antibacterial properties. Cinnamon twig (*gui zhi*) is a warming botanical that reduces edema and stagnant phlegm with antibacterial and fever reducing effects. Angelica (*bai zhi*) reduces nasal congestion and pain. Ligusticum (*chuan xiong*) and Red Peony (*chi shao*) activate blood circulation. Cimicifuga (*sheng ma*) is used to guide the herbs upward, it also reduces pathogenic fungus. Eucalyptus leaf is processed to be rich in essential oil content. It reduces phlegm and nasal congestion. Thyme reduces bronchial spasms and possesses antifungal and antibacterial activity. Licorice (*gan cao*) is a harmonizing ingredient.

Clinical Notes

May take up to 3 tablets QID. Highly sensitive patients should use this formula cautiously due to the essential oil content.

Additional Formulas

- Combine with **Isatis Gold** for stronger antibacterial action
- May take with **Phellostatin** for chronic nasal congestion due to fungus
- Use **Xanthium Relieve Surface** for allergic conditions
- Use with **Cold Away** or **Isatis Gold** for cold/flu
- Combine with **Astra C** for a chronic infection and to help prevent reoccurrence