



**Breathe Easy 100ml 4oz**

Ingredients: Mullein Leaf/Flower (*Verbascum thapsus*), Calendula (*Calendula officinalis*), Lavendar (*Lavandula angustifolia*), Alkaline water, Grain ethanol.

Description: Experience natural respiratory support with our “Breathe Easy” full spectrum tincture. Mullein soothes the airways, Calendula promotes respiratory health, and Lavender provides a calming effect; helping the lymphatic system to clear pathogens from mucosal membranes and reduce inflammation.

**Mullein, or *Verbascum thapsus***, is known for its expectorant properties, which help to loosen and expel mucus from the respiratory tract, thereby supporting the health of mucus membranes. It can soothe irritation and inflammation in the lungs and throat, making it beneficial for respiratory issues.

**Calendula (*Calendula officinalis*)**, commonly known as marigold, has a long history of traditional use in supporting the health of mucus membranes, particularly in the mouth, throat, and digestive tract. Herbalists have used calendula preparations—such as teas, tinctures, and topical applications—for their purported soothing and healing effects on inflamed or irritated mucosal tissues. Folklore and traditional European herbal medicine records cite calendula as a remedy for sore throats, mouth ulcers, and gastritis, attributing its benefits to its anti-inflammatory, antimicrobial, and tissue-healing properties.

**Lavender oil** helps suppress inflammation of mucous membranes in the respiratory system, potentially providing relief for conditions like bronchitis and asthma.