



NATURE'S SUNSHINE

Mullein

Vegan

Kosher

Halal

Non-GMO

GOOD FOR

Respiratory System

Lungs

SIZE **100 Capsules**

ITEM # **460**

SERVING **2**

SUPPLY **25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Mullein has been trusted in folk medicine for centuries to help keep your airways clear and your body feeling its best. This single-herb formula draws on the whole plant's natural goodness — from its soothing leaves to its antioxidant-rich compounds — to support your lungs, your immune defenses, and your everyday comfort.

Mullein Leaf (*Verbascum thapsus*) — Respiratory

Soothing — Mullein leaf is the heart of this formula. It contains a natural gel-like substance called mucilage that coats and calms irritated airways, making it easier to breathe when your throat or lungs feel rough or inflamed. Herbalists have relied on it for coughs and bronchitis for generations.

Mullein Leaf — Expectorant Action — Alongside its soothing mucilage, mullein leaf contains natural compounds called saponins that help loosen and move mucus out of the airways. Think of it as a gentle housekeeping crew for your lungs — helping clear out what doesn't belong so you can breathe more freely.

Mullein Leaf — Antioxidant Compounds — Mullein is naturally rich in plant antioxidants including kaempferol, luteolin, apigenin, and verbascoside. These compounds help the body neutralize everyday oxidative stress — the kind of cellular wear and tear that builds up from pollution, stress, and normal metabolism — helping your cells stay healthier over time.

Verbascoside — Whole-Body Comfort Support

Verbascoside is one of mullein's standout natural compounds. Research has shown it plays a key role in the plant's ability to help calm the body's inflammatory response. It works alongside other plant compounds to help your body manage discomfort and keep everyday inflammation in check.

Luteolin — Natural Calming Compound

Luteolin is a naturally occurring plant flavonoid found in mullein that has been studied for its ability to help moderate the body's inflammatory signals. It works gently and naturally, supporting the kind of balanced, comfortable feeling you want when your body is working hard to stay well.

Quercetin — Immune & Comfort Support — Quercetin is another flavonoid present in mullein that researchers have identified as one of the plant's active wellness contributors. It supports the body's natural defenses and helps keep the inflammatory response balanced — a quiet but important part of what makes mullein such a well-rounded herb.

Kaempferol — Cellular Defense — Kaempferol is a plant antioxidant found in mullein that helps protect your cells from everyday oxidative stress. It works hand-in-hand with the other antioxidant compounds in the plant to give your body a broader layer of natural defense, supporting long-term cellular health and vitality.

Apigenin — Gentle Everyday Support — Apigenin is a gentle flavonoid naturally present in mullein that contributes to the plant's overall antioxidant profile. It helps round out the formula's protective qualities, supporting your body's ability to handle the everyday stressors that can chip away at how you feel over time.

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