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L-J is an expectorant formula containing mucilaginous substances which affect mucous membranes. In traditional herbal medicine, expectorants help the body to remove excess mucus from the respiratory tract.

Did you know?

Allergic reactions can involve the mucous membranes of the respiratory and digestive tract. Expectorant formulas have been used for centuries in herbal medicine to relieve the uncomfortable symptoms of mucus buildup in the mucous membranes.

NSP Advantage

100 tablets. Herbal combination.

Ingredients: Medicinal Ingredients: Each tablet contains Armoracia rusticana (horseradish) root 96 mg, Eupatorium perfoliatum (boneset) herb top 96 mg, Foeniculum vulgare (fennel) seed 96 mg, Trigonella foenum-graecum (fenugreek) seed 96 mg and Verbascum thapsus (mullein) stem and leaf 96 mg. Non-medicinal Ingredients: Cellulose, sorbitol, stearic acid, carboxymethylcellulose, maltodextrin, silicon dioxide, guar gum, carnauba wax and purified water.

Recommendation (adults): Take five tablets three times daily. Consult a practitioner for use beyond 2 weeks.

Risk Information: Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are breastfeeding; have excess stomach acid, gastroesophageal reflux, hypothyroidism, diabetes or if you are taking antacids or thyroid replacement medications. Do not use if you are pregnant; have a kidney disorder, stomach inflammation or stomach or intestinal ulcers. Do not use if you are allergic to anethole or plants of the Apiaceae/Carrot family. Hypersensitivity has been known to occur (rare cases); in which case, discontinue use.

Features & Benefits

- Helps relieve congestion of the respiratory tract.
- Helps relieve symptoms of influenza, bronchitis and nasopharyngeal catarrh, such as muscle aches and congestion of the respiratory mucosa.