

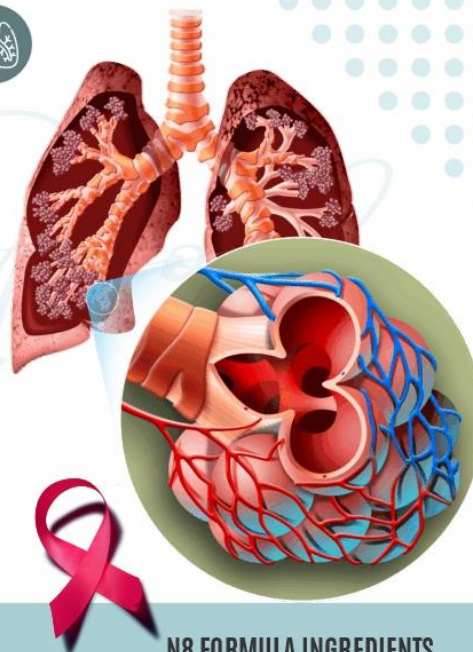
Breathe Easy – For damaged lungs – Athletes love Breathe Easy!

Respiratory system | Asthma | Smokers lungs | Emphysema | Seasonal allergies & hay fever



BREATHE EASY

*Super nutrient complex
enhance &
assist Lung Function*



Directions:

Take 1 capsule 10 to 20 minutes
before going to bed and 1 capsule
in morning before breakfast.

FOR BEST RESULTS: Combine with
Dr. G EVER GREEN nutrient complex.

Warnings: Do not consume if allergic to any ingredient.
Store in an airtight container in a cool, dry area.

Serving size: 1 capsule | Servings per container: 60



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THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE

N8 FORMULA INGREDIENTS

Andrographis,
Bacillus coagulans 5856,
BioPerine,
Boswellia serrata extr,
Zingiber officinale,
L-Theanine, MSM,
Nigella sativa extract,
Quercetin,
Zinc Citrate



Assists with problematic or damaged lungs and allows you to breathe deeper and better than ever before. Nutr8 Wellness has also found that athletes find incredible energy from the usage of Breathe Easy as a sports supplement due to the higher levels of oxygen in the body which heighten mitochondrial performance.

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How it Works:

1. **Andrographis:** Andrographis paniculata is an herb that has been traditionally used for respiratory conditions. It may have anti-inflammatory and immune-boosting properties that can support respiratory health. How it works in the context of the Breathe Easy formula there are several ways in which it is believed to contribute to better lung health:
 - a. **Anti-inflammatory properties:** Andrographis contains compounds like andrographolides, which are believed to have anti-inflammatory properties. Inflammation in the respiratory tract can contribute to conditions like asthma and bronchitis. Andrographis may help reduce this inflammation, making it easier to breathe.
 - b. **Immune system support:** Andrographis is known for its immune-boosting properties. A strong immune system is vital for maintaining respiratory health because it can help the body defend against infections, such as the common cold and flu, which can impact lung function.
 - c. **Antioxidant effects:** Andrographis contains antioxidants, which can help combat oxidative stress and damage in the respiratory system. Oxidative stress can contribute to respiratory conditions and compromise lung function.
 - d. **Antiviral and antibacterial effects:** Andrographis has demonstrated antiviral and antibacterial activity in some studies. This can be beneficial in preventing or reducing the severity of respiratory infections, which can affect lung function.
 - e. **Mucus regulation:** Some traditional uses of Andrographis involve its role in regulating mucus production. In certain respiratory conditions, excessive mucus production can obstruct airways, leading to difficulty in breathing. Andrographis may help balance mucus production.
2. **Bacillus coagulans 5856:** This is a probiotic strain that may help in maintaining a healthy gut microbiome, which can indirectly influence immune system function and overall health, including respiratory health.
3. **BioPerine:** BioPerine is a patented extract from black pepper that is often used as a bioavailability enhancer, which means it can improve the absorption of other nutrients and compounds in the formula.
4. **Boswellia serrata extract:** This herb is known for its anti-inflammatory properties and has been used in traditional medicine for various conditions, including respiratory issues and other potential health benefits, and it is believed to work through various mechanisms, primarily due to its anti-inflammatory and analgesic properties. Here's how Boswellia serrata extract works:
 - a. **Anti-Inflammatory Effects:** One of the primary active compounds in Boswellia serrata extract is Boswellia acid. Boswellia acids are known for their potent anti-inflammatory properties. They work by inhibiting the activity of certain enzymes, particularly 5-lipoxygenase, which is involved in the synthesis of leukotrienes, pro-inflammatory compounds in the body. By reducing inflammation, Boswellia serrata extract may alleviate symptoms associated with inflammatory conditions, such as joint pain and respiratory issues.

- b. **Pain Relief:** In addition to its anti-inflammatory effects, *Boswellia serrata* extract may provide pain relief, particularly for conditions like osteoarthritis and rheumatoid arthritis. It can help reduce pain and improve joint function, making it a potential option for those with joint-related discomfort.
 - c. **Antioxidant Properties:** *Boswellia serrata* extract also possesses antioxidant properties, which means it can help neutralize harmful free radicals in the body. Oxidative stress and free radicals can contribute to various health issues, so the antioxidant activity of *Boswellia serrata* may have a protective effect.
 - d. **Improvement in Respiratory Health:** Its anti-inflammatory properties can help reduce airway inflammation, making it potentially useful in conditions like asthma and chronic obstructive pulmonary disease (COPD). It may also assist in reducing symptoms related to bronchitis.
 - e. **Immune System Modulation:** There is evidence to suggest that *Boswellia serrata* extract may modulate the immune system. While it can have immunomodulatory effects, the exact mechanisms are not entirely clear, but it may help regulate immune responses and reduce inflammation associated with autoimmune conditions.
5. **Zingiber officinale (Ginger):** Ginger has anti-inflammatory properties and may help in reducing inflammation in the respiratory tract. Ginger works through various mechanisms to support health and address a range of health concerns. Here are some key ways in which *Zingiber officinale* (ginger) works:
 - a. **Anti-Inflammatory Properties:** Ginger contains bioactive compounds, such as gingerol, which have potent anti-inflammatory properties. These compounds can help reduce inflammation in the body. Inflammation is a key factor in various chronic conditions, including arthritis and inflammatory bowel diseases as well as inflammation of the lungs.
 - b. **Digestive Health:** Ginger is well-known for its digestive benefits. It can help alleviate various digestive issues, including nausea, indigestion, and bloating. Ginger may work by promoting the secretion of digestive enzymes, reducing muscle spasms in the gastrointestinal tract, and soothing the stomach lining.
 - c. **Pain Relief:** Some studies suggest that ginger may have analgesic (pain-relieving) properties. It can be used to alleviate various types of pain, including menstrual pain and muscle soreness. Hence Breathe Easy is also perceived as good for athletes.
 - d. **Antioxidant Activity:** Ginger contains antioxidants that can help combat oxidative stress and free radical damage in the body. Antioxidants are important for overall health and may help protect against chronic diseases including lung diseases.
 - e. **Cardiovascular Health:** Ginger may have a positive impact on heart health by helping to lower blood pressure and reduce cholesterol levels. Its anti-inflammatory and antioxidant properties may contribute to these benefits.
 - f. **Anti-Microbial Effects:** Ginger has demonstrated antimicrobial properties and may help inhibit the growth of certain bacteria and viruses. This can be beneficial in preventing infections.
 - g. **Weight Management:** Some research suggests that ginger may help with weight management. It can boost metabolism and contribute to feelings of fullness, which may aid in weight loss efforts. Obesity is often associated with

breathing difficulty and lack of digestive health can lead to weight management complications.

- h. **Anti-Cancer Potential:** There is ongoing research into ginger's potential anti-cancer properties, as some studies have shown that it can inhibit the growth of cancer cells and reduce the risk of certain types of cancer.
 - i. **Respiratory Health:** Ginger's anti-inflammatory and antioxidant properties may support respiratory health by reducing inflammation in the airways, making it potentially useful in conditions like asthma.
6. **L-Theanine:** L-Theanine is an amino acid found in tea leaves. It may have calming, and stress-reducing effects, which can indirectly benefit overall health and well-being. It assists with lung health through its antioxidant and anti-inflammatory properties as well as by assisting with immune support.
7. **MSM (Methylsulfonylmethane):** MSM is a sulfur compound that may have anti-inflammatory properties, potentially beneficial for respiratory health.
8. **Nigella sativa extract (Black Seed):** Black seed has been used traditionally for various health purposes, including respiratory health. There are several ways in which Nigella sativa may potentially assist in promoting lung health:
 - a. **Anti-Inflammatory Properties:** Nigella sativa contains compounds with anti-inflammatory properties, such as thymoquinone. Inflammation in the respiratory system can contribute to conditions like asthma and bronchitis. Black seed may help reduce inflammation in the airways, potentially improving lung function.
 - b. **Antioxidant Effects:** Black seed is rich in antioxidants, which can help protect the lungs from oxidative stress caused by free radicals. Reducing oxidative stress may prevent lung damage and support overall respiratory health.
 - c. **Bronchodilation:** Some studies suggest that compounds in Nigella sativa may have broncho dilatory effects. This means that they may help widen the airways, making it easier to breathe, which can be especially beneficial for individuals with conditions like asthma.
 - d. **Immune System Support:** A strong immune system is essential for maintaining respiratory health. Nigella sativa is believed to support the immune system, helping the body defend against infections and other respiratory challenges.
 - e. **Antimicrobial Properties:** Nigella sativa has shown antimicrobial properties in some studies. It may help fight off respiratory infections and reduce the severity of symptoms.
 - f. **Allergy Relief:** Some individuals use Nigella sativa to alleviate allergy symptoms, which can affect the respiratory system. The anti-inflammatory and antihistamine-like effects of black seed may help ease allergy-related respiratory issues.
9. **Quercetin:** Quercetin is a flavonoid with antioxidant and anti-inflammatory properties. It may help reduce inflammation in the respiratory system. While its primary role is not as a direct treatment for lung conditions, it may have several mechanisms that can potentially assist in supporting lung health:
 - a. **Anti-Inflammatory Effects:** Quercetin is known for its ability to reduce inflammation in the body. Chronic inflammation can play a role in the development and exacerbation of lung conditions such as asthma and chronic

- obstructive pulmonary disease (COPD). By reducing inflammation, quercetin may help alleviate some of the symptoms associated with these conditions.
- b. **Antioxidant Properties:** As an antioxidant, quercetin can help neutralize harmful free radicals that can damage lung tissues and cells. Oxidative stress is a common factor in respiratory diseases, and antioxidants like quercetin may help protect the lungs from such damage.
 - c. **Histamine Regulation:** Quercetin has been suggested to have antihistamine-like properties, which could help manage allergies and allergic reactions. Allergies can trigger respiratory symptoms like sneezing, coughing, and wheezing, and quercetin may help mitigate these symptoms.
 - d. **Immune System Support:** A healthy immune system is crucial for preventing and managing lung infections. Quercetin may have immune-boosting properties, potentially helping the body defend against respiratory infections.
 - e. **Bronchodilation:** Some research has indicated that quercetin may have broncho dilatory effects, meaning it could help relax and widen the airways. This can be particularly beneficial for individuals with conditions like asthma, as it may make breathing easier.
10. **Zinc Citrate:** Zinc is an essential mineral that plays a role in immune function. It can support the immune system, which is important for overall health, including respiratory health. Zinc citrate is sometimes used to help reduce the duration and severity of common respiratory infections like the common cold. While it doesn't directly target lung health, it may aid in managing these infections, which can affect the upper and lower respiratory tract.

Nutr8 Wellness Disclaimer:

Before using any of the Nutr8 Wellness products or any other dietary supplement, it is advisable to consult with a healthcare professional, especially if you have a pre-existing condition or are taking other medications. They can provide guidance on the most suitable approach to address your specific health needs.

Breathe Easy is well complimented by:

Super immune Booster: The Nutr8 Wellness Super Immune Booster capsule is formulated to boost the immune system, and to provide protection against harmful bacteria, fungi, and viruses.

The anti-viral and blood purification potential of ingredients have proven to decrease the toxicity in blood and increase the body's resistance against diseases by stimulating white blood cells.

For athletes, Breathe Easy promotes better mitochondrial function and is complimentary to:

S3 Energy:

The S3 Energy formula promotes heightened speed, strength and stamina and energy in a sugar free capsule and is focussed on:

- Nitric Oxide production
- Vasodilation for increased blood flow and hence more oxygen availability to the muscles
- ATP production
- Cellular biogenesis
- Focus

For Athletes, S3 Energy enables more Kilojoules of output per heart rate meaning that the athlete can push their bodies harder, get fitter faster and achieve peak performance quicker.

#BeyondYourLimits

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