

The following herbs and formulas are commonly used in allergic conditions to support the function of specific systems within the body. Choose according to where you need the most support.



Herbal Support for Allergies

- ✦ **SITOPALADI** - Supports the respiratory system, head, and chest.*
- ✦ **TALISADI** - All the benefits of Sitopaladi, but more heating.*
- ✦ **TRIKATU** - Enkindles digestion, and burns natural toxins (*ama*).*
- ✦ **LUNG FORMULA** - Strengthens and rejuvenates the respiratory system.*
- ✦ **ASHWAGANDHA** - Fosters optimal immune function.*
- ✦ **BIBHITAKI** - Supportive of mucous membranes.
- ✦ **HARITAKI** - Supportive of the lungs.*
- ✦ **CHYAVANPRASH** - Promotes the body's natural defenses and immunity.*
- ✦ **CUMIN, CORIANDER, & FENNEL** - Taken as a tea, and is particularly clearing of toxins.*

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

