Stop smoking for good

Breathe Easy

• A natural approach to walking away from cigarettes
• Certified organic
BreatheEasy combines certified organic botanical extracts to help you manage tobacco cravings, to reduce tension associated with smoking cessation, and to facilitate the release of accumulated tobacco toxins from your body. BreatheEasy begins to change the taste of cigarettes, enough to help you break the habit.

**How it Works**
BreatheEasy uses a three-fold approach to help those who are ready to break free once and for all. First, it creates a strong distaste for tobacco (and nausea in many people when smoking). Next, the lungs are cleansed with an effective expectorant, which hastens the removal of toxins and foreign material from the lungs. Finally, BreatheEasy assists in cleansing the blood of toxins, nicotine, and other hazardous chemicals. By making smoking unbearable and rapidly clearing the body of addictive chemicals, BreatheEasy is a fast-acting and effective partner in reclaiming your freedom.

Your chances of quitting for good can increase if you view quitting as a journey rather than seeing it as a challenge.

**What You Should Expect**
Once you’ve quit, the effects are dramatic and immediate. **After the first day**, oxygen and carbon monoxide levels return to normal. **After two days**, your taste buds grow back and your senses of smell and taste are revived. **After two weeks**, breathing and cardiovascular circulation improve dramatically.

**The Choice Is Yours**
BreatheEasy is specially formulated to make the taste of smoking unbearable and nauseating. At some point, you’ll have to decide whether you want to smoke or whether you want to remain on the formula, because you can’t do both. When you have passed this point, you should consider using Multi-MaxImmune multivitamins for two months to remove all toxins from your body.
What’s in BREATHE EASY?

**Plantain** consists of the dried leaves of *Plantago major* (fam. Plantaginaceae) gathered during the flowering period. Plantain causes an aversion to tobacco. Its antitoxic, anti-inflammatory, and expectorant characteristics are why the plant is useful in lung disorders and has a deterrent effect on smoking. The structure of plantain includes a remarkable glycoside of the monoterpene class (iridoid) called aucubin.

**Lobelia** has the following active ingredients: alkaloids, chelidonic acids, isolobeline, lobelic acid, lobeline, selenium, and sulfur. The isolate isolobeline is similar to nicotine, and therefore your body will think it is getting nicotine when, in fact, it is not. Lobelia is also a cleansing herb, so it will be beneficial to clear some of the effects of smoking on the body. Lobelia is used as an expectorant and stimulant, and can cut down on food cravings associated with quitting smoking. Lobelia is used as a cough suppressant and relaxant that reduces fever and cold symptoms. It is beneficial in the treatment of sore throats, laryngitis, asthma, and bronchitis.

**Alfalfa** contains chlorophyll, which is known for its unique cleansing detoxification properties for the body. It also contains biotin, calcium, choline, inositol, iron, magnesium, PABA, phosphorus, potassium, protein, sodium, sulfur, amino acids, and vitamins. It oxygenates the blood, contains an antifungal agent, and generally helps to augment vitality. Alfalfa is very rich in different nutrients, which are valuable in improving overall health and vigour.

By now the taste of smoking should be unbearable and nauseating. You will have to choose whether you prefer to smoke or remain on the formula, because taking both will be unpleasant.

**References**

Each vegetable capsule contains:
Certified organic alfalfa (*Medicago sativa*) ............................................ 100 mg
Certified organic plantain (*Plantago major*) ........................................... 500 mg
Certified organic *Lobelia inflata* .............................................................. 50 mg

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.
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**Suggested use:**
Adults: Take 2 capsules twice daily or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).