



**THE RAVENDA**<sup>®</sup>  
ORGANIX

# BREATHE DEEP

ALLER & RESPIRATORY SUPPORT

Breathing  
Exercise Inside!

Made with Certified Organic Herbs

Vegan • Gluten Free





**THERAVEDA**  
ORGANIX

# BREATHE DEEP

ALLER & RESPIRATORY SUPPORT

Made with Certified Organic Herbs



## Aller Support\*



### Herbal Tips for Seasonal Changes:

- Drink lots of water!
- Get outside and receive a healthy dose of sunshine and vitamin D!
- Avoid overly cold or iced food & drinks which can promote excess mucous.
- Get plenty of sleep.
- Avoid excess sugar & soft drinks.
- Reduce stress.

#### Take TheraVeda® Aller Support!

*Regulates Respiratory Function & Supports Sinus Health\**

**Aller Support** is an energetically balanced fusion of warming & cooling herbs: **Turmeric, Coriander, Neem & Black Pepper** - this makes it a beneficial formula for most individuals. These herbs have drying, astringent and mucous balancing properties. In addition to supporting the body's immune system function, Aller Support is a non-drowsy formula.

\*\*For maximum multi-condition support during times of greater seasonal or environmental imbalance, combine with TheraVeda Respiratory Support or Stress Ease formulas to fortify the immune system.



## SIMPLE BREATHING EXERCISE:

- Inhale deeply through the nose for 10 counts.
- Hold the breath for 5 counts (you can work up to holding for 10 counts).
- Try to "sip" a few more breaths in to fully expand your lungs.
- Exhale through the nose for 10 counts.
- At last count of exhale, gently "squeeze" the last bit of air out of your lungs.

**For best results:** Try to do this 3 times in a row, 1 to 2 times per day.

**Benefits:** Reduce stress, increase oxygen flow, opens the sinuses, strengthens and protects the lungs, increases immunity, energy and mental clarity.



**Money-back Guarantee:** If you don't see an improvement within 10 - 15 days of taking either of these formulas daily, return the bottle to the store where you purchased it for a full refund.



## Respiratory SUPPORT\*



### Herbal Tips to Breathe Freely:

- Drink nourishing herbal teas & balance meals with spices (ginger, black pepper, turmeric, curry) to help relieve occasional congestion.
- Use a humidifier if using central heat or air to moisturize the lungs
- **Take TheraVeda® Respiratory Support!** *Supports Respiratory Function & Immune System Health\**

**Respiratory Support** is an energetically balanced fusion of warming & cooling herbs: **Holy Basil, Turmeric, Neem & Long Pepper** - this makes it a beneficial formula for most individuals. These herbs have a long history of supporting respiratory function, the quality of breath and the body's immune system function. The addition of Holy Basil, a well-known adaptogen, to this formula offers physical and emotional support to fortify the system and maintain well-being.

\*\*For maximum respiratory, digestive and immune support during times of greater seasonal or environmental imbalance, combine with TheraVeda Aller Support.



### What is an Adaptogen?

Adaptogenic herbs like **Holy Basil, Shatavari & Ashwagandha** help our bodies adapt to environmental, physical and emotional stressors and create a sense of balance and strength.



Nisarga Organic Farm & Organix-South  
relationship for ethically wild-crafted herbs.

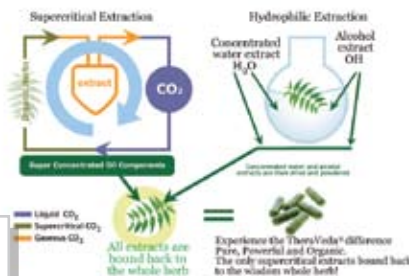


Organic Turmeric Flourishing at  
Umbari Farm, India



Creators of TheraVeda:  
Dr. S. Phadke, Autumn Blum & Girish Soman

## The TheraVeda<sup>®</sup> Difference



## FAST-ACTING HERBAL SUPPLEMENTS FOR YOUR WHOLE BODY

*Featuring Supercritical  
Whole-Herb Technology*

Organix-South<sup>®</sup> starts with organic herbs and uses an innovative, patent-pending technology that combines powerful supercritical extracts (SCO<sub>2</sub>), hydrophilic extracts and raw whole herbs to create our effective TheraVeda<sup>®</sup> dietary supplements. This process allows us to offer the targeted potency and concentration of the extracts along with the holistic benefits of the whole herb, unlike any other herbal supplements available today. Discover the Power of TheraVeda.



Ask for TheraVeda at your local Natural Foods & Supplements Store  
For more detailed information about the herbs found in these formulas and herbal  
tips of the month visit [www.TheraVeda.com](http://www.TheraVeda.com) or call 800-232-3142.



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