



MULLEIN

— *Verbascum thapsus* —

— Quick Guide for Herbal Practice —

— RESPIRATORY RESTORATION —

- Soothes and restores irritated respiratory tissues
- Supports structural resilience of lung and airway barriers

— PREPARATIONS —

- **Herbal Tea** Gentle respiratory support and tissue soothing
- **Infused Oil** Traditionally used to support sensitive ear and skin tissues
- **Tincture** Preserved preparation for long-term respiratory support
- **Steam Infusion** Used to support airway moisture and comfort

— KEY CONSTITUENTS —

- **Mucilage** For soothing and protecting irritated tissues
- **Saponins** Supporting respiratory clearing and balance
- **Flavonoids** For antioxidant protection and tissue stability
- **Iridoid Glycosides** Supporting structural resilience

— MULLEIN RESTORES PROTECTIVE BALANCE —

Steadies irritated systems and reinforces the body's natural barriers, supporting gradual recovery and respiratory integrity.