Lung Support

A blend of herbs traditionally used to soothe, strengthen and clear the whole respiratory tract.

This Herbal Combination



Comfrey Root — soothes irritated tissue faster than almost anything, and helps loosen old, stubborn mucus so it can come up.



Mullein — has a special affinity for the respiratory organs and the glands, calming inflamed, irritated tissue in the lungs and bronchial tubes.



Chickweed — a cooling, soothing herb traditionally used to calm irritated lungs and help dissolve congestion.



Marshmallow Root — coats and soothes raw, irritated membranes and helps the body move mucus out of the airways.



Lobelia — an antispasmodic that relaxes tight airways and is traditionally used to open the lungs and move material out of them.

How It Works

This combination of herbs is an aid to relieving irritation in the respiratory tract, the lungs and the bronchial tubes. It has long been used for lung and bronchial congestion of all kinds, including bronchitis, asthma and emphysema, and it promotes the discharge of mucus from the bronchial and lung passages.

It is a strengthening formula for the whole respiratory tract, best used steadily over time rather than just in an emergency.

Suggested Use

2 to 4 droppersful, three to five times a day. As with any herbal tonic, use your own best judgment — this is an herb, not a drug.

Also available as a dry herb kit, ready to tincture at home.

Pairs Well With

Bronchial Support, for a cough that hangs on and won't let go.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Soothing and Strengthening the Lungs" at www.daradietz.me.