

Directions: Take 3 capsules daily, with or without food.

Caution: For adults. Use only as directed. If pregnant, nursing, taking medication, or under medical supervision for any condition, consult a healthcare professional before use.

Keep out of reach of children. Store in a cool, dry place. Tamper evident. Do not use if printed safety seal under cap is broken or missing.

Vegan. Gluten-Free.

No artificial colors, flavors, preservatives, yeast, eggs, fish, shellfish, peanuts, tree nuts, wheat, milk, or magnesium stearate. **Made in USA** with globally sourced ingredients.



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Breathe-X® helps regulate histamine production to support nasal and sinus respiration*

- **Quercetin** promotes healthy nasal mucosal cells and normal inflammatory response*
- **Bromelain** helps maintain healthy sinus tissue*
- **Vitamin C** supports immune system function and normal histamine production*
- **Citrus Bioflavonoids** work with Vitamin C to support blood vessel integrity*
- **Nettle** helps regulate normal histamine production*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Breathe-X® Allergy & Sinus Support*

Citrus Bioflavonoids
Nettle Leaf
Bromelain
Vitamin C
Quercetin

DIETARY SUPPLEMENT
90 VEG CAPSULES

SUPPLEMENT FACTS

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving		% DV
Vitamin C (as ascorbic acid)	500 mg	556%
Magnesium (as oxide)	30 mg	7%
Quercetin (dihydrate from <i>Sophora japonica</i>)	1,000 mg	**
Bromelain (from <i>Ananas comosus</i>) Stem (2,400 GDU/g)	250 mg	**
Citrus Bioflavonoids (50% [100 mg] flavones)	200 mg	**
Astragalus (<i>Astragalus membranaceus</i>) Root Extract (5:1)	100 mg	**
Nettle (<i>Urtica dioica</i>) Leaf	100 mg	**

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (Vegetable Cellulose), Rice Bran, and Silica.

Exclusively formulated and distributed by LifeSeasons®, Kaysville, UT 84037, USA

Questions? (877) 455-2826 or
www.lifeseasons.com