

WELLNESS BREATHE FREE™

Respiratory Health from Africa



The African geranium, *Pelargonium sidoides*, is small and unassuming. It has velvety, heart-shaped leaves on long stalks and purple, spindly flowers. It grows wild throughout the Southern tip of Africa. Who would have known that this seemingly insignificant plant would contain such powerful properties?

Long unknown in the West, the African *Pelargonium* is gaining attention for its ability to support respiratory

health. Used for centuries by South Africans, the plant's properties are now exciting wide acclaim. People report that this fascinating plant helps them maintain upper respiratory health and well-being.

WELLNESS BREATHE FREE™ supports two of the twelve SystemiCare™ metabolic systems, Immunity and Inflammation Response. It is an excellent tool for winter imbalances.



Strategies for WellnessSM

Small plant with huge human benefits

The *Pelargonium* has been used for centuries by numerous ethnic groups of Africa, including the Zulu, Bantu, Zhosa, and Miengu, primarily for respiratory health. In the late 1800s, the discovery of gold and diamonds in South Africa brought many Europeans to the region, and many of the miners were given the local remedy. Infusions of *Pelargonium* were brought back to Europe, but it has been only recently that the extract has been studied. Published studies confirming the uses of *Pelargonium sidoides* have just begun. The extract is very popular in central Europe and now is being discovered and re-discovered throughout the world.

It is thought that the main method of action of the plant is from its numerous amino acids, vitamins, and coumarins. (A coumarin is an organic compound of naturally occurring plant-based chemicals found in many plant species such as lavender, tonka beans, licorice, strawberries, apricots, cherries, cinnamon, and sweet clover.) *Pelargonium* has been shown in

animal studies to improve the actions of the body's macrophages, the white blood cells that are an integral part of our immune system. Macrophages are versatile cells that act as scavengers to clear the body of old cells and foreign substances.

Wellness Revolution

In test after test, throughout the world, very positive responses from people have been documented: they have reported that the *Pelargonium* helps them maintain good respiratory health. Source Naturals searches the world for botanicals like WELLNESS BREATHE FREE that are unusual and effective aids in your wellness program.

References:

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