



**RIDGECREST  
HERBALS®**



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NO ANIMAL  
PRODUCTS

SALES INFO | CLEARLUNGS® SPORT

# SUPPORT LUNG HEALTH

60ct



## Supplement Facts

Serving size 2 capsules  
Servings per container 30

	AMOUNT PER SERVING	%DV
<b>Athletic Optimization Blend (380mg/cap):</b> Cordyceps, Rhodiola Root, Eleuthero Root	760 mg	†
<b>ClearLungs® Herbal Blend (356 mg/cap):</b> Dong Quai root, Ophiopogon root, Poria fungal body, Chinese Asparagus root, Chinese Skullcap root, Gardenia fruit, Luo Han Guo fruit, Platycodon root, Tangerine mature peel, White Mulberry root bark, Zhejiang Fritillary bulb, Schisandra fruit, Chinese Licorice root	712 mg	†
<b>Availablend® Bioavailability Complex (5 mg/cap):</b> Sichuan pepper, Ginger root, Black pepper, Habanero pepper	5 mg	†

† Daily Value (DV) not established

**Other ingredients:** Vegetable capsule, microcrystalline cellulose, rice bran extract, silica

**SUGGESTED USE:** Adults and children age 12+, take 2 capsules 30 minutes prior to training or 2 capsules daily in the morning. You can take 2 capsules every 3-4 hours or as needed.

As with any supplement, **if you are pregnant, nursing, taking medication, have a medical condition, or have difficulty swallowing, consult your doctor before use. Keep out of reach of children.** Do not use if safety seal around cap is broken or missing. Capsule size "00."

**MADE WITHOUT** animal products, nuts, corn, dairy, gluten, soy, wheat, yeast. Not produced with genetic engineering.



HERBAL SUPPLEMENT | 60 CAPS

LDC: 220817 VDC: 250515

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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**CUSTOMER PITCH**

## CLEARLUNGS® SPORT TARGET CUSTOMER:

Active individuals and athletes who want extra support for easy, comfortable breathing, especially during exercise, in challenging environments, or at high altitudes. They value natural, gentle formulas that help maintain a clear airway, comfortable breathing, and allow them to perform at their best.

ClearLungs Sport is a natural herbal formula designed to support healthy respiratory function during physical activity. Whether you're training, hiking, or working toward a new personal best, it helps maintain clear, comfortable breathing so you can stay focused and in rhythm. With herbs traditionally used to support lung and airway health, ClearLungs® Sport offers a simple, natural way to stay in tune with your body. Support your breath. Support your performance—naturally.

**RETAILER  
EDUCATION  
SPOTLIGHT**

tasteforlife  
**ESSENTIALS  
AWARD WINNER  
2019**



## LET'S TALK INGREDIENTS:

### Lung Support

**Cordyceps fungal bodies:** Cordyceps is a powerful adaptogenic mushroom that supports optimal energy, endurance, and recovery. It contains polysaccharides, which support optimal muscle recovery and performance, and Cordycepin monophosphate, which activates the enzyme AMPK. AMPK is known to support cellular uptake of free fatty acids and glucose, which are used in the production of energy (ATP). This same process also supports how the body utilizes oxygen when measured by VO2 max, helping athletes perform at their best.

**Rhodiola:** Rhodiola is a potent adaptogen renowned for its ability to support normal stress resilience, mental focus, and maintain physical stamina, helping the body adapt to physical exercise. It is rich in rosavin and salidroside, which support a balanced mood, the body's ability to sustain energy levels, and helps to maintain endurance and VO2 max. When paired with Cordyceps, and taken consistently over time, Rhodiola may help support the body's natural ability to manage weight.

**Eleuthero:** Eleuthero (*Eleutherococcus senticosus*), known as Siberian Ginseng, is a well-known adaptogen which supports the body's normal response to stress and fatigue. Rich in eleutherosides, polysaccharides, and flavonoids, Eleuthero supports physical endurance, mental performance, and immune function. It helps the adrenal glands by supporting regulated cortisol production and favorable energy metabolism.

**Zhejiang Fritillary Bulbs:** is traditionally used to support respiratory health and promote clear, comfortable breathing. Its natural compounds help maintain open airways and may support the body's response to occasional inflammation due to physical exertion, making it a helpful ally for athletes during training and recovery.

**Schisandra Berry:** is a traditional adaptogen used to support physical endurance, sustained energy, and mental clarity. It helps the body adapt to physical and mental stress, promotes a balanced response to exertion, and supports recovery after intense activity. It is rich in phytochemicals like lignans and antioxidants, which support overall cellular wellness.



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