

BALSAM FIR GUM

Fir gum has traditionally been used in herbal medicine to help treat respiratory tract illnesses like colds and bronchitis.



45 capsules | 80 capsules

GELATIN

PESTICIDE FREE

GMO FREE

NPN 80015949

Respiratory tract illnesses

An upper respiratory tract infection is an acute condition caused by bacterial or viral infections of the upper respiratory tract.

Bronchitis is characterized by an inflammation of the bronchi, the passages that lead inhaled air from the windpipe (trachea) to the lungs. Inflammation makes breathing more difficult, as the lining of the bronchial tubes swells and produces a large amount of mucus. Bronchitis is accompanied by a deep cough.

Colds are a common infection of the nose (more specifically the nasal cavities) and throat, which is caused by a virus. Also known as viral or acute rhinitis, it produces sore throats, sneezes, stuffy nose (nasal congestion) and runny nose. The symptoms appear gradually and usually persist for 5 to 7 days, 2 weeks at the most.

History

The resin of the balsam fir tree has long been used as a natural remedy. Amerindians used to prescribe it for the treatment of various ailments and illnesses, like influenza and scurvy.

Its usage later became common in Quebecois culture in various forms (resin, turpentine). Fir gum was the first natural product marketed by Léo Désilets Maître Herboriste Inc. when it began operations in 1974. The Commission E in Germany has approved the use of fir gum, notably for the treatment of respiratory inflammation.

More recently, this product has been recognized by Health Canada as a Natural Health Product.



MEDICINAL INGREDIENTS

Balsam fir gum (*Abies balsamea*).....
..... 535 mg

NON-MEDICINAL INGREDIENTS

Gelatin, glycerin and water

RECOMMENDED DOSE

Adult: 1 to 2 capsules 2 times daily.

PRECAUTIONS AND WARNINGS

- Follow the posology indicated on the label.
- Avoid taking more than the recommended dose unless recommended by a health care provider.
- Although rare, if cutaneous eruptions occur, stop use.
- Consult a health care provider before using if you are pregnant or breastfeeding.
- Consult a health care provider if symptoms persist or worsen.
- Do not use in cases of acute inflammation of the respiratory tracts accompanied by irritation or sensitivity of the mucous membranes.
- Can have a laxative effect or cause nausea in certain people, in this case decrease the amount or stop use.

ABIES BALSAMEA L.

*USDA Classification*¹

Règne : *Plantae*

Division : *Coniferophyta*

Classe : *Pinopsida*

Ordre : *Pinales*

Famille : *Pinaceae*

Genre : *Abies* Mill.

Espèce : *Abies balsamea* (L.) Mill.

Our Balsam fir gum product comes in gel capsule form containing 535 mg of balsam fir gum.

The recommended dosage for this product is 1 to 2 capsule(s) twice daily for a total of 1070 to 2140 mg per day. The splitting of the dosage into capsules of 535 mg nevertheless allows the practical use and easy adaptation of the dosage for different persons.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

