

# Planetary Formulas® **SINUSFREE™**



*Botanical  
Sinus Support!*

SINUSFREE is a spicy and pungent sinus support formula. This herbal blend is rich in essential oils and flavonoids, which facilitate normal breathing, support healthy mucosa, and promote the free flow of mucus.



SINUSFREE was formulated by Jill Stansbury, N.D., the newest member of Planetary Formulas' team of herbal formulators. SINUSFREE reflects Jill's experience as a naturopathic doctor with a thriving practice in Battleground, Washington.



**PLANETARY**  
FORMULAS®

**More Than Herbs—Herbalism!**

SINUSFREE herbal tincture is a blend of horseradish root, thyme herb, yarrow herb, and eyebright herb. It was designed exclusively for Planetary Formulas by herbalist and naturopathic physician, Dr. Jill Stansbury.

### Traditional Botanicals for Sinus Support

The ingredients in SINUSFREE reflect the botanical experience of traditional cultures throughout the world.

- **Yarrow** is a hardy perennial plant that is native to Europe and Asia and has been naturalized in North America. Its leaves, flowers and oil have been used by herbalists since ancient times. Yarrow is strongly pungent and aromatic and contains sesquiterpene lactones, azulene, coumarins and flavonoids.

- **Thyme** is indigenous to the Mediterranean region, northern Africa and parts of Asia. It is rich in the essential oils, thymol and carvacrol, as well as flavonoids. Thyme is a strongly aromatic kitchen spice, traditionally used to support the normal flow of mucus and to facilitate deep breathing.

- **Eyebright** is a European botanical that has been used in the United States for at least 150 years. While most people, including many herbalists, associate eyebright with vision support, it has been traditionally used to support the sinuses.

- **Horseradish** has been cultivated for about 2,000 years for its thick, fleshy white roots, which possess an intense pungent taste. It is native to Europe, and was brought to America by early settlers. The pungency of horseradish is primarily due to the presence of its essential oils.

### Essential Oils and Flavonoids

The aromatic qualities of the herbs used in SINUSFREE come from their essential oils. Essential oils are often used in the form of teas, steams and inhalers as a way to liquefy mucus secretions, thereby promoting their free flow. The essential oils also evaporate readily and

can be breathed in. When they come in contact with nasal membranes, they have a gentle stimulating effect that supports healthy mucosa and promotes circulation of mucus.

The effects of these herbs are similar to what we commonly experience when eating horseradish or drinking a hot cup of ginger tea—within minutes, mucus begins to flow freely and breathing is deeper.

Yarrow, thyme and eyebright are also rich in flavonoids, which help to stabilize mast cells and thereby reduce the release of histamines. Flavonoids are an important part of a sinus support program.

### Clinically Derived Formula from Dr. Jill Stansbury

Planetary Formulas is committed to developing clinically derived, experiential formulas—so you can be assured of obtaining the benefits you are seeking from a herbal product.

#### Planetary Formulas:

More Than Herbs—*Herbalism!*

### References

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- Hedley, C. 1996. Yarrow Monograph. *The European Journal of Herbal Medicine*, 2,3:14-18.

*Planetary Formulas is a member of the National Nutritional Foods Association (NNFA), the American Herbal Products Association (AHPA), and the Association of Ayurvedic Product Suppliers (AAPS). These organizations are leaders in establishing codes of ethics and quality control guidelines for the manufacture of botanical supplements.*



DR. JILL STANSBURY, N.D., a licensed naturopathic physician, is one of America's most respected herbalists. Jill is Chair of the Botanical Medicine Department at the National College of Naturopathic Medicine in Portland, OR. She is a gifted singer, musician and songwriter, and mother of two children.

\*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.