

# Lymphatic Wellness Protocol

Improve lymphatic flow and overall immune health by promoting lymphatic drainage. Targeted lymphatic and immune support ingredients work to decrease congestion in the lymphatic system and intra/extra cellular matrix, which in turn helps reduce symptoms associated with edema, allergies, inflammation associated with injuries, and infections.

Remedy	Phase/Dose	Monday to Sunday
<b>Lymf-A-Drop</b>	10 drops	three times a day
<b>Immunoplex</b>	2 capsules	two times a day



## Lymf-A-Drop

### Recommended dosage:

**Adults and children older than 10 years:** 10 drops in water three times daily. Safe for long term use.

**Children 4-10 years:** 5 drops in water three times daily.

**Children 1-3 years:** 2-5 drops in water three times daily.

Lymf-A-Drop is used for lymphatic drainage and immune support. The lymphatic system plays an integral role in the circulatory and immune function, through the extensive network of lymphatic vessels, nodes, and ducts that maintain fluid levels, absorb fat from the digestive tract, and transport white blood cells (WBC) for host defense.<sup>1,2</sup>

### Traditional European uses of Lymf-A-Drop by Nestmann Pharma (Germany) include:

- Lymphatic Congestion: activate and facilitate flow of lymph fluid
- Children: reduce lymph swelling, decrease susceptibility of infections
- Allergies and urticaria: reduce capillary permeability to plasma proteins
- Edema, swelling, inflammation: reduce swelling and lymphatic congestion
- Sports injuries: reduce swelling and lymphatic congestion
- Lymphatic Detoxification: promote lymphatic drainage, removal of waste products from lymph, extracellular matrix, and connective tissue

**Key Features:** Lymphatic drainage and detoxification, decrease lymphatic congestion, immune support.



## Immunoplex

**Recommended dosage (adult):** 2 capsules with food two times daily. Take a few hours before or after taking other medications. Safe for long term use.

Immunoplex contains a combination of herbs, minerals, and thymus glandular extract to strengthen the body's natural defenses and restore immune function. Immunoplex works to strengthen the immune system, support thymus gland function, decongest the lymphatic system, and decrease frequency and duration of colds and flu.

The thymus gland enhances the body defenses against immune infections, with efficiency of the thymus decreasing with age. Thymus glandular supplementation supports thymus gland function, while enhancing T lymphocyte cell (WBC) production and maturation.<sup>3,4,5</sup> Zinc supplementation support immune cell maturation and healthy immune function, with deficiency leading to impaired immune function and increased susceptibility to infections, atrophy of the thymus gland, reoccurring colds and flu, slow wound healing, and chronic inflammation.<sup>6,7,8</sup>

### The herbs in Immunoplex are traditionally used in herbal medicine for:

- Cleavers (*Galium aparine*) – lymphatic tonic, decrease lymphatic congestion, anti-inflammatory, immunomodulation activity.<sup>9,10</sup>
- Pau d'arco (*Tabebuia heptaphylla*) – antibacterial, antifungal, anti-inflammatory, antioxidant.<sup>11,12,13,14</sup>
- Thuja (*Thuja occidentalis*) – antibacterial, antiviral, common cold, immunostimulant.<sup>15,16</sup>

**Key Features:** Immune support, decreases lymphatic congestion, improves thymus gland function, antibacterial, antiviral, antifungal.

### Additional Lymphatic Drainage Techniques to consider:

- ✓ Lymphatic massage
- ✓ Rebounding (mini trampoline)
- ✓ Walking and movement


**Medicinal Ingredients:**

<i>Calendula officinalis</i> (flower/fleur) .....	D1
<i>Echinacea augustifolia</i> (whole plant/plante entière) .....	D1
<i>Hydrastis canadensis</i> (rhizome and root/rhizome et racine) .....	D1
<i>Leptandra virginica</i> (root/racine) .....	D1
<i>Sanguinaria canadensis</i> (rhizome and root/rhizomes et racines) .....	D1
<i>Taraxacum officinale</i> (whole plant/ plante entière) .....	D1
<i>Chelidonium majus</i> (whole plant/plante entière) .....	D2
<i>Carduus marianus</i> (seed/graine) .....	D2
Condurango (bark/écorce) .....	D2
<i>Lycopodium clavatum</i> (spores) .....	D2
<i>Phytolacca decandra</i> (root/racine) .....	D2
<i>Arsenicum album</i> (Arsenic trioxide/Trioxysde d'arsenic) .....	D8
<i>Mercurius solubilis</i> (quicksilver/mercure) .....	D8

**Non-medicinal Ingredients:** Water, ethanol.

**Caution/Warnings:** Consult a health care practitioner if symptoms persist or worsen and before use if you are pregnant or breastfeeding.

NPN 80005156 • 50 ml


**Medicinal ingredients:** Each capsule contains:

Cleavers/Gaillet gratteron ( <i>Galium aparine</i> , leaves/feuilles) .....	.300 mg
Thymus gland ( <i>Bos Taurus</i> , 0.5 mg glycine, 1 mg glutamic acid/acide glutamique, 0.4 mg lycine/lysine) 120 mg	
Pau d'arco ( <i>Tabebuia heptaphylla</i> , bark/écorce) .....	100 mg
Thuja/Cédre blanc ( <i>Thuja occidentalis</i> , leaves/feuilles) .....	1 mg
Zinc (citrate) .....	1 mg

**Non-medicinal ingredients:** hydroxypropyl methylcellulose, magnesium stearate.

**Caution/Warnings:** Diuretic and/or laxative effect may occur, reduce dose or discontinue use if you experience abdominal pain, cramps, spasms, and/or diarrhea.

NPN 80034808 • 90 capsules


**References**

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