

Thanks to their soothing, expectorant and antibacterial properties, the essential oils present in the **BREATH CAPSULES** favor the health of the respiratory tract.

The synergy with propolis performs an even more effective action, enhancing its known antibiotic properties.

The combination of essential oils contained in this blend facilitates breathing and helps minimize the effects of seasonal diseases.

## INGREDIENTS

Italian propolis \* (80%) and essential oils \* of Eucalyptus, Mountain Pine and Spruce (20%). \* from organic farming.

### PROPOLIS

Propolis is a completely natural and extremely healthy product for our body. It offers countless healing properties thanks to its powerful action against pathogens. The action of propolis is similar to that of a broad-spectrum antibiotic. Its effects include the inhibition of the motility of bacteria, a bacteriostatic effect and a bactericidal action. The propolis used by KONTAK is Italian, organic, of the highest quality. Its purity can be glimpsed thanks to the transparency of the glass of the capsules : certified, complete and controlled propolis.

### EUCALYPTUS ESSENTIAL OIL

Promotes the well-being of the upper respiratory tract by helping the natural bronchial fluidification. Obtained by distillation of the leaves of the plant, this essential oil is always recommended during autumn and winter for its powerful balsamic-expectorant action. In fact, it is particularly beneficial for the respiratory tract thanks to its antiseptic properties: it decongests the mucous membranes and calms the cough.

### MUGO PINE ESSENTIAL OIL

From the terminal twigs of the mountain pine not yet completely lignified, a precious essential oil is extracted mainly consisting of terpenes. This essential oil has the following known capabilities: fluidifying bronchial secretion, disinfectant of the respiratory system and sedative of cough and excess bronchial asthma. It is particularly suitable for preventing typical ailments of the cold season.

### SPRUCE ESSENTIAL OIL

Conifers have balsamic resins that permeate especially the needles, so that the essential oil of fir is characterized by specific virtues at the respiratory level. Its fresh and aromatic scent has a purifying and liberating action, helping to soothe sinus, cold and bronchitis ailments. During the winter months, when cold symptoms appear, it is excellent as a perfume in any environment.

# CAPSULE BREATH