

# *My* Escentia



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# NATURAL MEDICINE

## MULLEIN LEAVES 75G POWDER

### KEY BENEFITS

#### 1. Respiratory Support (Lung Herb)

- Helps clear mucus from lungs
- Soothes coughs, bronchitis, asthma, and colds
- Acts as an **expectorant** (helps you cough up phlegm)

☐ Often called a “lung tonic”

[Read More](#)

**SKU:** N/A

**Price:** R66,00

**Mullein Leaves**  
Benefits & Uses  
(*Verbascum thapsus*)

**Key Benefits:**

- Respiratory Support**  
Clears mucus, soothes coughs
- Anti-Inflammatory**  
Reduces inflammation
- Antibacterial & Antiviral**  
Fights infections
- Skin Healing**  
Soothes wounds & rashes
- Gentle Diuretic**  
Flushes out excess fluids

**Common Uses:**

- Herbal Tea**  
Coughs & Colds
- Steam Inhalation**  
Sinus & Chest Congestion
- Infused Oil**  
Earaches, Skin Issues
- Skincare & Balms**  
Soaps, Salves & Baths
- Smoking Herb**  
Traditional Use

**Important Tips:**

- Strain tea well
- Use dried leaves
- Avoid in pregnancy

**Blends Well With:**

Peppermint Thyme Chamomile Eucalyptus



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# *My* Escentia



**Address:**  
24 Armada Avenue  
Kempton Park, 1619

**E-mail:** [myescentia3@gmail.com](mailto:myescentia3@gmail.com)

**Contact Number:**  
084561 4980

**[www.myescentia.online](http://www.myescentia.online)**