

**SHALLOW BREATHING FORMULA- aralia quinquefolia, aconitum napellus, antimonium tartaricum, ipecacuanha, blatta orientalis, arsenicum album, cuprum metallicum spray  
Nutritional Specialties, Inc.**

*Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.*

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**DRUG FACTS:**

**ACTIVE INGREDIENTS:**

Aralia Quinquefolia 3X, Aconitum Napellus 6X, Antimonium Tartaricum 6X, Ipecacuanha 6X, Blatta Orientalis 10X, Arsenicum Album 12X, Cuprum Metallicum 12X.

**PURPOSE:**

Aids in temporary relief of shallow breathing conditions.†

†Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

**WARNINGS:**

**Professional Use Only**

**If pregnant or breast-feeding,** ask a health professional before use.

In case of overdose, get medical help or contact a Poison Control Center right away.

If condition worsens, seek medical attention.

**KEEP OUT OF REACH OF CHILDREN**

**Do not use if tamper evident seal is broken or missing.**

**Store in a cool place after opening**

**KEEP OUT OF REACH OF CHILDREN:**

In case of overdose, get medical help or contact a Poison Control Center right away.

**DIRECTIONS:**

Adults: 2 to 3 sprays orally, three times daily. Children under twelve one half adult dosage. Do not take within 15 minutes of consuming food, beverage or brushing teeth. Consult a physician for use in children under 12 years of age.

**INDICATIONS:**

Aids in temporary relief of shallow breathing conditions.†

†Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

**INACTIVE INGREDIENTS:**

Alcohol USP 20%, Purified Water USP.

**QUESTIONS:**

**MANUFACTURED EXCLUSIVELY FOR  
NUTRITIONAL SPECIALTIES, INC.**

**PO BOX 97227**

**PITTSBURG, PA 15229**

**[www.phpltd.com](http://www.phpltd.com)**

**PACKAGE LABEL DISPLAY:**

**Professional**

**Health Products**

**HOMEOPATHIC**

**NDC 83027-0114-1**

**SHALLOW**

**BREATHING**

**FORMULA**

**2 FL. OZ (60 ml)**

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NDC 83027-0114-1

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C10 (reorder code)

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**Professional Health Products** MANUFACTURED EXCLUSIVELY FOR NUTRITIONAL SPECIALTIES, INC. PO BOX 97227 PITTSBURGH, PA 15229 www.phpltd.com rev. 1.0

## SHALLOW BREATHING FORMULA

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### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:83027-0114
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>AMERICAN GINSENG</b> (UNII: 8W75VCV53Q) (AMERICAN GINSENG - UNII:8W75VCV53Q)	AMERICAN GINSENG	3 [hp_X] in 1 mL
<b>ACONITUM NAPELLUS WHOLE</b> (UNII: U0NQ8555JD) (ACONITUM NAPELLUS - UNII:U0NQ8555JD)	ACONITUM NAPELLUS WHOLE	6 [hp_X] in 1 mL
<b>ANTIMONY POTASSIUM TARTRATE</b> (UNII: DL6OZ476V3) (ANTIMONY CATION (3+) - UNII:069647RPT5)	ANTIMONY POTASSIUM TARTRATE	6 [hp_X] in 1 mL
<b>IPECAC</b> (UNII: 62I3C8233L) (IPECAC - UNII:62I3C8233L)	IPECAC	6 [hp_X] in 1 mL
<b>BLATTA ORIENTALIS</b> (UNII: 535787266D) (BLATTA ORIENTALIS - UNII:535787266D)	BLATTA ORIENTALIS	10 [hp_X] in 1 mL
<b>ARSENIC TRIOXIDE</b> (UNII: S7V92P67HO) (ARSENIC CATION (3+) - UNII:C96613F5AV)	ARSENIC TRIOXIDE	12 [hp_X] in 1 mL
<b>COPPER</b> (UNII: 789U1901C5) (COPPER - UNII:789U1901C5)	COPPER	12 [hp_X] in 1 mL

### Inactive Ingredients

Ingredient Name	Strength
<b>WATER</b> (UNII: 059QF0KO0R)	
<b>ALCOHOL</b> (UNII: 3K9958V90M)	

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:83027-0114-1	60 mL in 1 BOTTLE, SPRAY; Type 0: Not a Combination Product	10/13/2023	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		10/13/2023	

**Labeler** - Nutritional Specialties, Inc. (032744609)

Revised: 10/2023

Nutritional Specialties, Inc.