

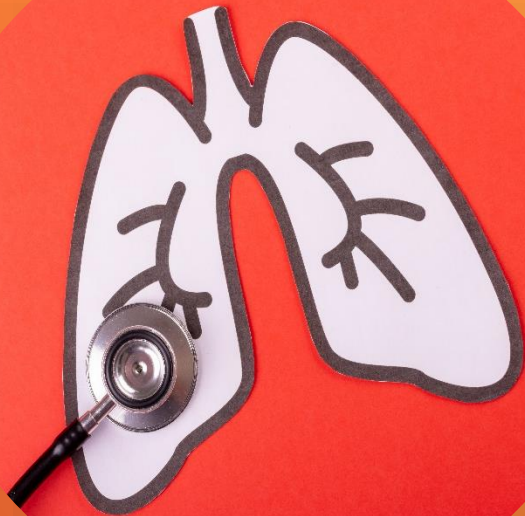


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# Nomokouf

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# Introduction



The respiratory system, an intricate system of organs and structures, is accountable for aiding breathing and gas exchange within the body.

It includes the nose, nasal passages, pharynx, larynx, trachea, bronchi, and lungs. This system allows for oxygen intake, vital for cellular function, and the removal of carbon dioxide, a metabolic waste product.

Additionally, it aids in shielding the body from harmful substances, regulating acid-base balance, and facilitating speech.

# Causes Of Respiratory Problem

Viral Infections

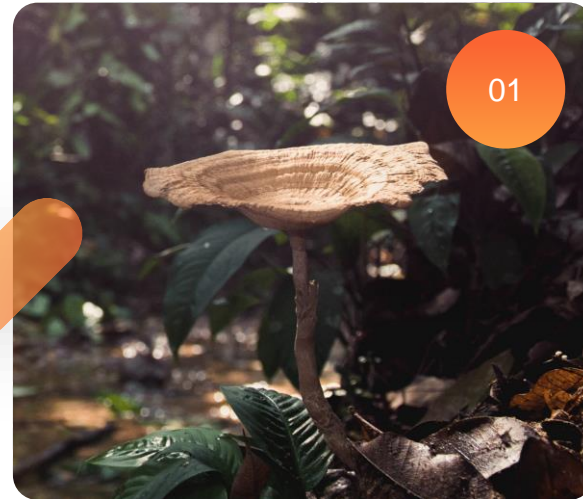
Environmental Pollution

Poor Diet and  
Sedentary Lifestyle

Genetic Conditions

# 4 Types Of Ingredients

- Peppermint
- Ascorbic Acid
- Tiger Milk Mushroom
- Nigella Sativa





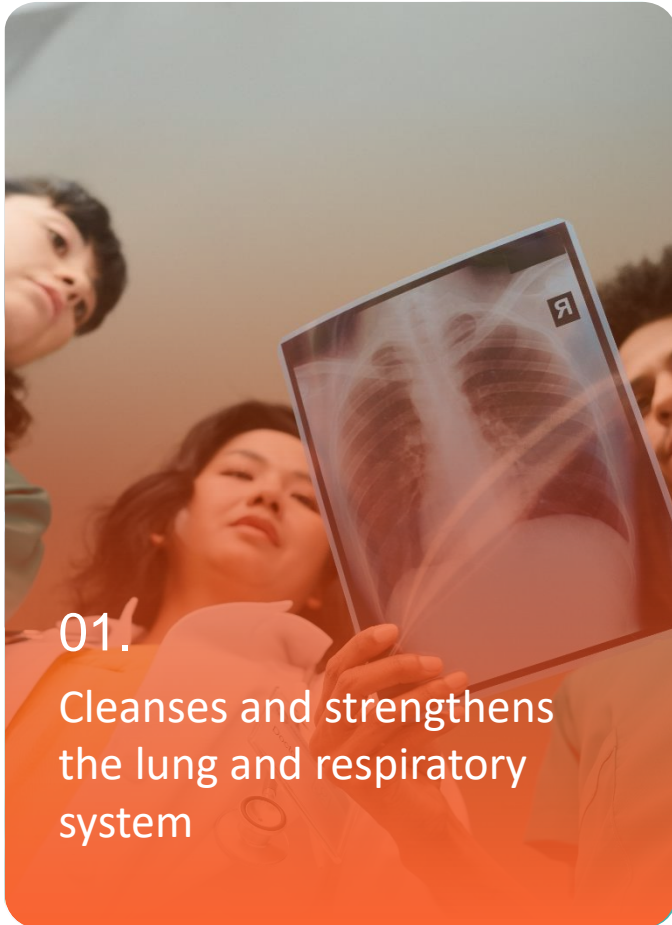
# Tiger Milk Mushroom

✓ Named as Lignosus Rhinocerus

✓ Rare and valuable medicinal fungus native to Southeast Asia

✓ Renowned for its potential health benefits particularly for respiratory health

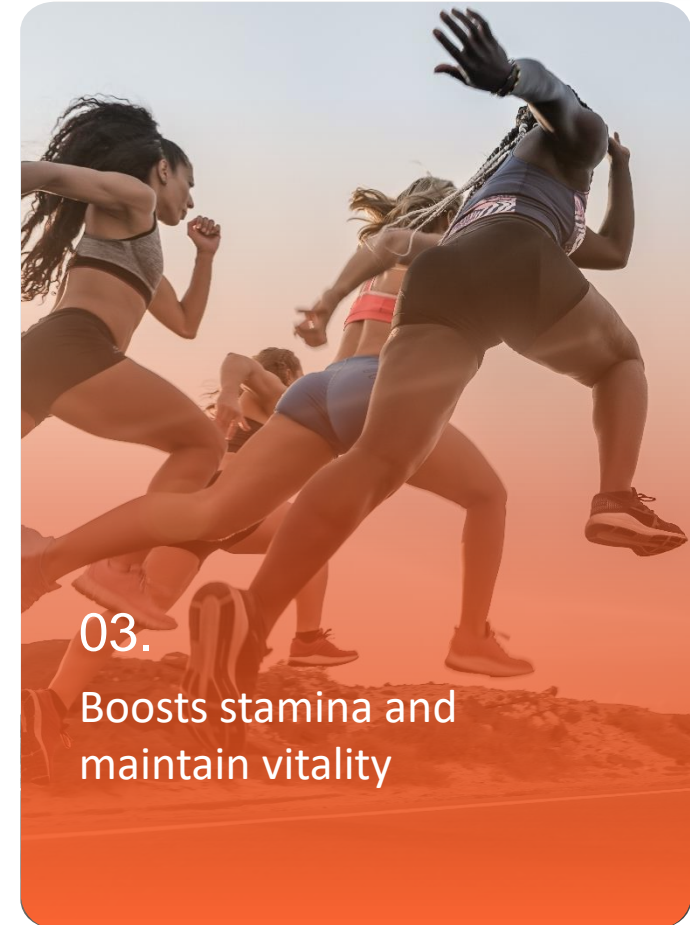
# Benefits Of Tiger Milk Mushroom



01.  
Cleanses and strengthens the lung and respiratory system



02. **IMMUNITY**  
Supports a healthy immune system



03.  
Boosts stamina and maintain vitality



# Ascorbic Acid

- ❖ Often referred to as vitamin C
- ❖ A crucial nutrient and potent antioxidant necessary for supporting general health
- ❖ Primarily present in a range of fruits and vegetables
- ❖ Its antioxidant properties aid in shielding cells from harm triggered by free radicals

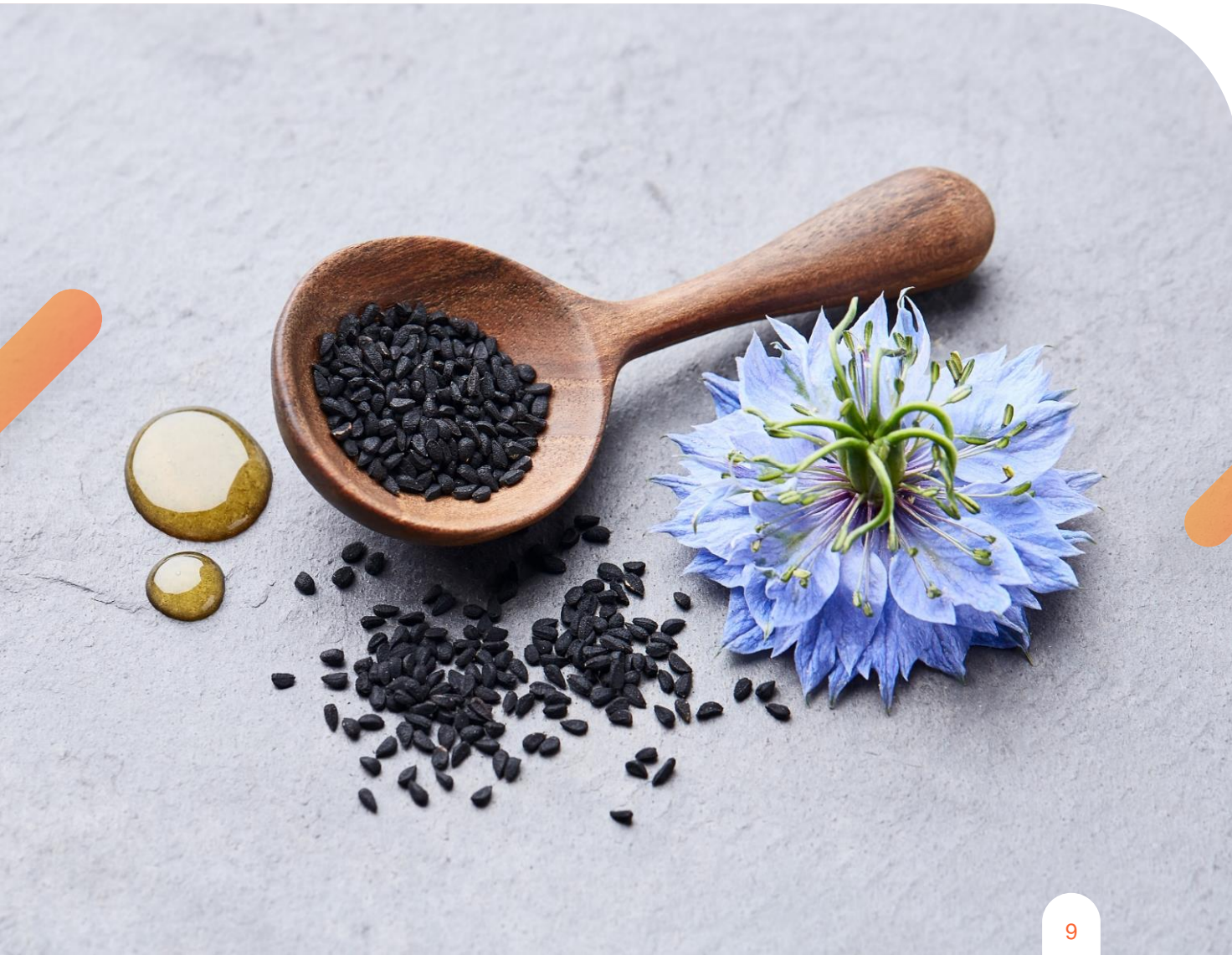
# Benefits Of Ascorbic Acid

- ❑ Prevent iron deficiencies
- ❑ Strengthen the immune system effectively against viruses
- ❑ Crucial for the growth, development and repair of all body tissues





# Nigella Sativa



- Often referred to as black seed or black cumin, this flowering plant originates from Southwest Asia
- Abundant in bioactive compounds such as thymoquinone
- Recognized for its antioxidant, anti-inflammatory and antimicrobial qualities

# Benefits Of Nigella Sativa



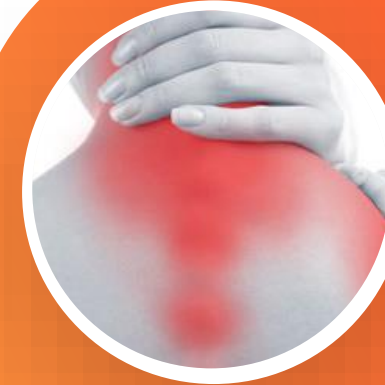
High in antioxidants and phytonutrients, which reduces inflammation in the body



Improves memory and cognitive function



Can reduce cholesterol



Helps reduce inflammation from occurring within the body



# Peppermint

- Identified as *Mentha Piperita*
- A hybrid mint resulting from the cross between watermint and spearmint
- Renowned for its refreshing taste and pleasant aroma
- Rich in essential oils, especially menthol, that provide its unique cooling feel and therapeutic advantages



# Benefits Of Peppermint

1

Provides a natural soothing and cooling effect on the throat and airways

2

Contains menthol, which may assist in thinning mucus in the respiratory passages

3

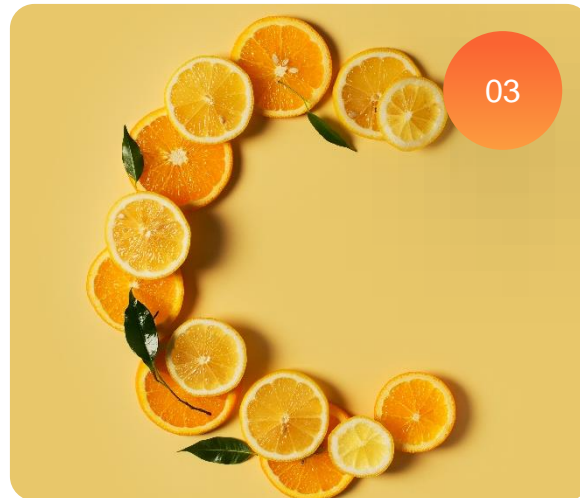
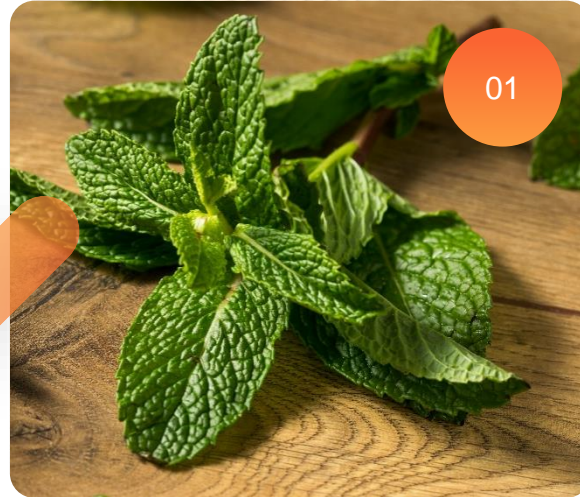
Relaxing the muscles in the throat and airways can help decrease how often and how severe coughing fits are

4

Acting as a mild decongestant, it helps open up airways and alleviate nasal congestion

# Overall Ingredients Of Nomokouf

- ✓ Peppermint
- ✓ Ascorbic acid
- ✓ Tiger Milk Mushroom
- ✓ Nigella Sativa



# Overall Benefits Of Nomokouf



Cleanses and strengthens the lung and respiratory system



Effectively strengthens the immune system against viruses



High in antioxidants and phytonutrients, which reduces inflammation in the body



Natural soothing and cooling effect on the throat and airways

# Nomokouf

**Thank You !**