

GARLIC AND GINGER – “A POWER COUPLE”

Garlic and Ginger have traditionally been used in Herbal Medicine for thousands of years as an expectorant and anti-tussive to relieve symptoms associated with upper respiratory tract infections and catarrhal conditions. Fresh garlic bulb, when added to fresh ginger root, makes a powerful combination to fight against viruses, bacteria, fungi, and to aid in soothing both the upper respiratory and digestive tracts.

Benefits of Combining Garlic & Ginger

Both Garlic and Ginger extracts have cardiopulmonary (heart and lungs) protective effects, as well as positive effects on the digestive tract.

Cardiopulmonary Benefits

Garlic and ginger contain medicinal ingredients, which allow them to reduce the tendency of blood to clot. Garlic and Ginger also improve blood flow throughout the body.

Their active extracts promote vasodilation, by causing blood vessels to expand, thereby reducing blood pressure. This “Power Couple” can also help to reduce circulatory problems by reducing plaque depositions, which gather on the vascular walls.

With respect to respiratory issues, the ingredients in Travel Bug® are known for their natural, antibacterial characteristics, and their ability to relieve congestion and loosen phlegm in the lungs. Ginger relieves congestion, bronchodilates the airways, and can soothe a sore throat.

Garlic is considered to be a natural antibiotic, is antiviral, antifungal and anti-inflammatory. Often times, the combination of garlic and ginger is recommended for use in colds and flu.



Gastrointestinal Benefits

Ginger has been traditionally used in herbal medicine to help relieve digestive upset, nausea, flatulence, digestive spasms, dyspepsia, and colic. It also prevents nausea and vomiting associated with motion sickness and/or seasickness.

Several studies show that the antioxidants in ginger could prevent, and aid to heal stomach ulcers by decreasing levels of inflammatory proteins and blocking the activity of enzymes related to ulcer development. Meanwhile, garlic has an antibacterial component that also aids in the healing of stomach ulcers, by way of killing the H.Pylori bacteria (the bacteria often found in stomach ulcers). Therefore, Travel Bug®, which contains garlic and ginger, is an effective product for use in most gastrointestinal disturbances. This product is designed as prophylactic against mild respiratory tract and GI infections, before, during and after travel.

Note: If you are prone to stomach upset after eating at a restaurant, you may want to travel with the Travel Bug®!

Recommended Dose: Adults, adolescents and children: (6 years and older): 2 ml, 1-4 times per day. For anti-nausea use, take a single dose 30 minutes before travel and every 4 hours after that, as needed. Shake well before use. Always check with your healthcare provider before starting any new supplement or if you are pregnant and/or nursing. Consult a healthcare practitioner if symptoms persist or worsen.

In Conclusion

Travel Bug® is a powerful combination of Garlic and Ginger extracts to adequately promote upper respiratory tract health, as well as digestive health, while travelling about. Don't Leave Home Without It!

“Everything Our Bodies Need Is Provided By Nature”

Medicinal Ingredients



Allium salivum
(garlic bulb fresh)

270mg



Zingiber officinale
(ginger root)

Fresh 270mg Dried 10.45

Precautions with Travel Bug®

Always see your Healthcare Provider, especially in the case of cancer, before starting on any new supplements.

References available upon request. © Copyright 2023 Strauss Naturals Ltd. All Rights Reserved.

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