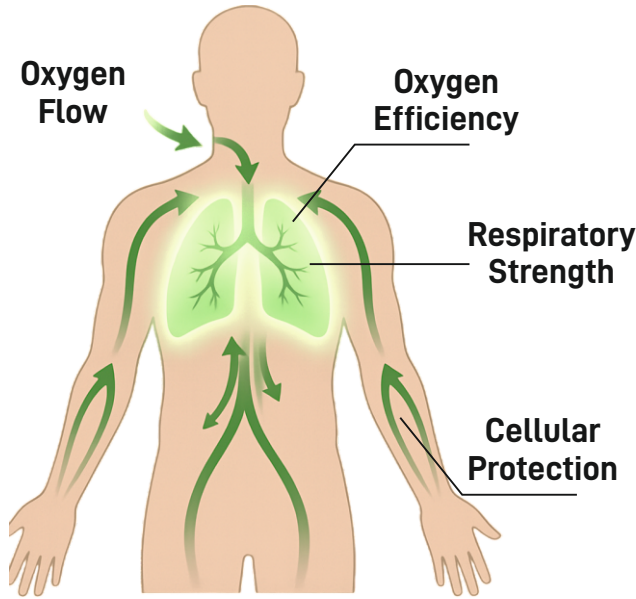




Fifth Sense Lung Guard is a scientifically formulated blend of clinically studied herbs designed to support respiratory health, reduce oxidative stress, and enhance oxygen utilization. Developed using Ayurveda and modern science, it helps protect against the harmful effects of smoking and pollution while promoting overall vitality.

CORE BENEFITS

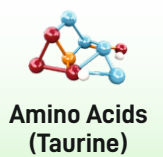
- Supports lung function & respiratory health*
- Reduces oxidative stress & free radical damage*
- Enhances oxygen absorption & endurance*
- Supports immune defense system*
- Helps maintain energy and vitality*



22.3%
of the world's population
Uses Tobacco


**Specially Designed
for Smokers.**

INGREDIENT STRIP



5 Biochemical Pathways for Respiratory Protection & Vitality

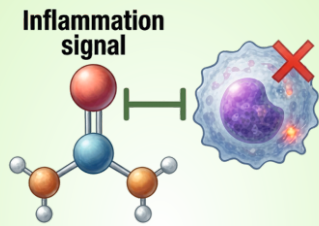
Detoxification & Antioxidant Defense (Nrf2 Pathway)



Ingredients

- Curcumin
- Ashwagandha
- Spirulina
- Alpha Lipoic Acid

Inflammation Regulation (NF-KB Pathway)



Mechanism

Downregulates NF-kB signaling, reduces inflammatory cytokines (IL-6, TNF-a)

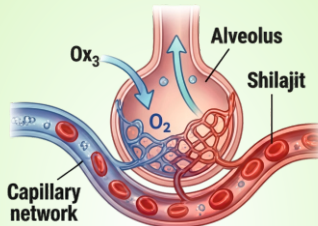
Outcome

Reduced lung inflammation & irritation

Benefit

Relief from chronic coughing, improved lung comfort

Oxygen Utilization & Blood Flow Enhancement



Mechanism

Enhances hemoglobin levels & oxygen transport efficiency

Outcome

Improved oxygen uptake and delivery

Benefit

Better endurance, reduced breathlessness, improved VO2 efficiency

Oxygen Utilization & Blood Flow Enhancement



Ingredients

- B-Complex Vitamins
- Amino Acids (BCAAs, Taurine)
- Shilajit

Mechanism

Activates PI3K/AKT pathway, enhances glucose metabolism & ATP production

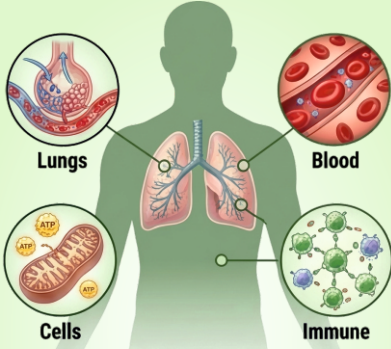
Outcome

Improved cellular energy availability

Benefit

Increased vitality, reduced fatigue

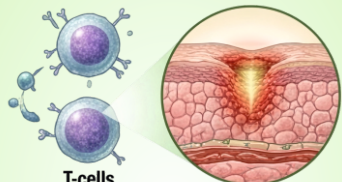
Why Lung Guard is Different



→ 'Holistic Lung Protection Through Multi-Pathway Synergy'

- Multi-system support: lungs, immunity, energy, detox
- Adaptogen-rich antioxidant formula
- Designed for smokers & pollution exposure
- Supports oxygen utilization + recovery + vitality

Cellular Energy Production (PI3K/AKT Pathway) (MAPK + Adaptogenic Pathways)



Ingredients

- Tulsi
- Ashwagandha
- Asparagus Racemosus

Mechanism

Modulates MAPK signaling + adaptogenic response, supports immune balance & tissue repair

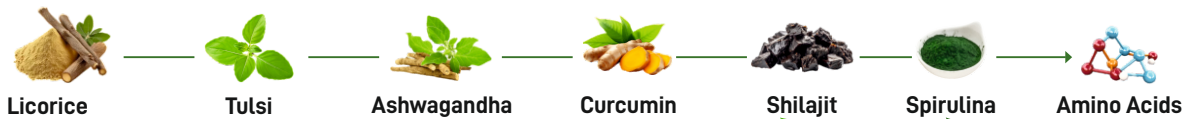
Outcome

Enhanced immune defense & recovery

Benefit

Faster healing, improved lung tissue resilience

Ingredients To Pathway



Respiratory Comfort (Detox & Anti-Inflam)

Systemic Immune Balance & Repair (Immune & Adaptogenic)

Cellular & Vitality Support (Oxygen & Energy)

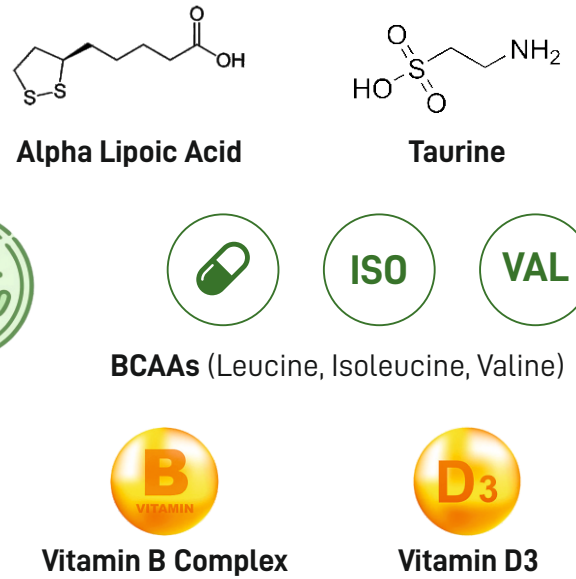


Ingredients, Mechanism & Science

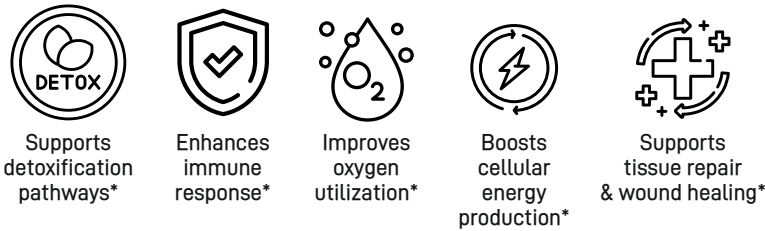
Herbal & Botanical Ingredients



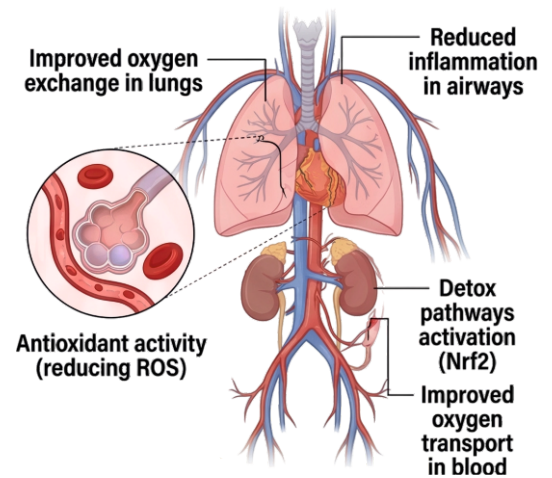
Nutritional & Functional Ingredients



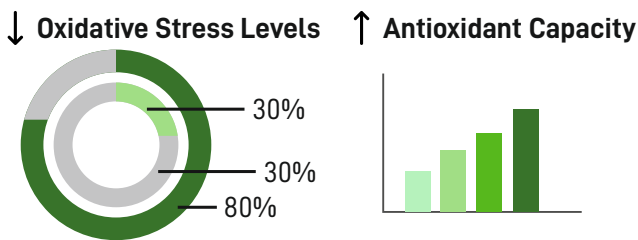
FUNCTIONAL BENEFITS & SYSTEM SUPPORT



MECHANISM OF ACTION: SCIENCE VISUAL SECTION



SCIENCE & EFFECT VISUALIZED



HOLISTIC FORMULATION CALLOUT

A Complete Respiratory & Vitality Formula

Combining Ayurveda, TCM, and modern nutrition, Lung Guard delivers multi-dimensional support for detoxification, immunity, oxygen efficiency, and energy metabolism-making it a comprehensive solution for smokers and urban lifestyles.

Dosage & Safety

Dosage: 2 capsules per day.

Side Effects: No reported side effects.



Scientific Evidence & The FifthSense Advantage

Clinical Authority Section

Scientific Evidence on Smoking, Oxidative Stress & Lung Health



There is strong evidence that smoking contributes to oxidative stress in the lungs, leading to inflammation and increasing the risk of inflammatory diseases.*

1. Jha, P. (2009). Avoidable global cancer deaths and total deaths from smoking. *Nature Reviews Cancer*, 9(9), 655-664.
2. Chung, C., Lee, K. N., Han, K., Shin, D. W., & Lee, S. W. (2023). Effect of smoking on the development of chronic obstructive pulmonary disease in young individuals: A nationwide cohort study. *Frontiers in Medicine*, 10, 1190885.
3. Klein, L. W. (2022). Pathophysiologic mechanisms of tobacco smoke producing atherosclerosis. *Current Cardiology Reviews*, 18(6), e110422203389.
4. Luehrs et al. (2021). Cigarette Smoking and Longitudinal Associations With Blood Pressure: The CARDIA Study. *Journal of the American Heart Association*, 10(9):e019566
5. Tsuchiya et al. (2002). Smoking a single cigarette rapidly reduces nitrate, nitrite, and antioxidant concentrations in plasma. *Circulation*, 105(10):1155-1157
6. Yubin et al. (2023). Dysregulation of immunity by cigarette smoking promotes inflammation and cancer. *Environmental Pollution*, 339, 122730
7. Hone et al. (2018). Nicotinic acetylcholine receptors in neuropathic and inflammatory pain. *FEBS Letters*, 592(7):1045-1062
8. Schwartz et al. (2021). Nicotine and energy balance: effects on appetite regulation and energy expenditure. *Appetite*, 164:105260



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Brand + Product Ecosystem Section

About Fifth Sense

FifthSense Holistic Wellness integrates the wisdom of Ayurveda, Traditional Chinese Medicine (TCM), and Unani with modern clinical research to develop advanced nutraceutical solutions. Our formulations are designed to restore balance, enhance vitality, and support long-term health in today's high-stress environments.

Why FifthSense?

- ✓ Multi-pathway science-backed formulations
- ✓ Combines traditional medicine with modern research
- ✓ High antioxidant & adaptogenic formulations
- ✓ Designed for real-world health challenges (smoking, pollution)
- ✓ Premium quality, safety-tested ingredients

Explore Our Range



Energy Booster

Enhances stamina, strength & mental performance*



Visit Our Website
www.yuvivaholistics.com



Liver Fortify

Supports detoxification & liver health*



View Lab Testing & Certificates
Transparency & Quality Assurance