



## ***Pulmophylline™*** Convenience Pack

### **Theophylline: Why is this medication prescribed?**

**Theophylline** is used to prevent and treat wheezing, shortness of breath, and difficulty breathing caused by asthma, chronic bronchitis, emphysema, and other lung diseases. It relaxes and opens air passages in the lungs, making it easier to breathe. Drinking or eating foods high in caffeine, like coffee, tea, cocoa, and chocolate, may increase the side effects caused by theophylline. Avoid large amounts of these substances while you are taking theophylline.

### ***Pulmona™*: Why is this medication prescribed?**

***Pulmona*** is a Medical Food designed to aid in the nutritional management of the metabolic process associated with asthma, pulmonary hypertension, and COPD. Patients with pulmonary disorders are known to have nutritional deficiencies of arginine, choline and certain antioxidants. Patients with pulmonary disorders frequently exhibit reduced plasma levels of nitric oxide and have been shown to respond to oral administration of arginine. Research has shown that arginine reduced diets result in a fall in circulating nitric oxide. Patients with asthma frequently experience activation of the arginase pathway that diverts arginine from the production of nitric oxide to production of deleterious nitrogen molecules such as peroxynitrite leading to reduce level production of nitric oxide for a given arginine blood level. Research has also shown that a genetic predisposition to accelerated arginine utilization can lead to increased arginine requirements in certain patients with asthma.

***Pulmona*** aids in the nutritional management of nitric oxide and acetylcholine production deficiencies in patients with pulmonary disorders.

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