

FLU REMEDY
and
IMMUNE BOOSTER

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IMPORTANT

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Introduction

The following recommendations will help when flu is contracted, and symptoms should ease within 48 hours. Keep taking the remedy for four weeks and then return to your usual maintenance regimen.

Flu Remedy

- Multi-Vit - ABC or Equiv (1 x tab, 1 x daily)
- Vit C - 1000 mg, (1 x tab, 3 to 5 x daily)
- Cod liver oil cap - 1000 mg (1 cap, 1 x daily)
- Echinacea - 400 mg (2 x caps, 1 x daily)
- Garlic - 1250 mg (1 x tab, 2 to 3 x daily); alternatively - Garlic Oil Caps - 1000 mg (2 x caps, 2 x daily)
- Zinc - 25 mg (1 x tab daily)

Drink plenty of fluids (1.5 ltr minimum recommended daily)

For elevated temperature, Paracetamol or Ibuprofen is recommended (Aspirin is a second choice)

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General Tonic and Immune Booster

- Vit C (Timed Release) - 1000 mg (1 x tabs, 2 x daily)
- Cod liver oil cap - 1000 mg (1 cap, 1 x daily)
- Zinc - 25 mg (1 x tab, 1 x daily)
- Selenium - 200 ug (1 x tab, 1 x daily)
- Garlic cap (High Strength) - 1250 mg (1 x cap, 1 x daily)
- Echinacea caps - 400 mg (1 x cap, 3 - 6 x daily)
- Vit B 100 Complex (1 x tab, 1 x daily) - urine will be bright yellow - this is normal
- Vit E - 400 iu (2 x cap, 1 x daily)
- Co-Enzyme Q10 - 150 mg (1 x tab, 1 x daily)

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Other Advice

Avoid all products containing peppermint or spearmint

Do not drink large amounts of tea or coffee - instead, drink herbal teas (Green, Rooibos, or Fennel tea recommended)

Avoid any products containing fluoride (use natural toothpastes)

Do not drink tap-water, EVER, unless it has been filtered through an active charcoal filter

Do a resting pulse test to determine any current allergic reactions.

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