

C o l d & F l u F o r m u l a s

Prevention:

OPC-3 Isotonic Antioxidant

Take 2 scoops in 4 oz. water twice daily to boost your defenses during flu season.
(1 scoop a day otherwise)

ORAC Isotonic Antioxidant

Take 1 scoop in 2 oz. water twice daily to boost your defenses during flu season.
(1 scoop a day otherwise)

Pre Cold Plus (Chinese herbs liquid extract)

Boosts your defenses: take daily during flu season, 2 tsp. once daily on empty stomach. If you are run down or fighting a pathogen, take 3 times daily.

GBS (granules, pills)

Immune + (capsules)

Boost defenses especially for those who catch colds easily/frequently, or for those undergoing chemo/radiation treatments.

Intervention:

First Defense Cold (granules/orange box)

Gan Mao Ling (pills)

XG (granules, brew pack or pills)

Symptoms: feeling run down or at the first signs of cold--tired, achy, chills +/- slight fever, itchy or scratchy throat, clear phlegm and mucous, stuffy +/- runny nose.

First Defense Heat (granules/green box)

RG (granules, brew pack or pills)

Symptoms: stronger symptom--higher fever, chills, itchy eyes, worse sore throat, yellow or green phlegm and mucous.

YinChiao Tablets

First sign of sore throat, some chills, slight fever, thirst, headache, cough, boils or sores.

Cool Viral Fire (granules/blue box)

Lonicera Complex (capsules)

Acute viral infection: symptoms--high fever, very sore throat, yellow phlegm (rapid onset of severe symptoms). Also Herpes I or II, take 2 packets 3 times daily at first sign.

Gastro-intestinal:

HXS (granules)

Stomach flu: symptoms--fever and chills, headache, nausea, bloating, pain +/- diarrhea.

XCH (granules, pills)

Nausea (including pregnancy), alternating chills/fever, no appetite, lingering illness.

Curing Pills

Symptoms: morning sickness, upset stomach, indigestion, gas, nausea, stomach flu, or first sign of feeling "off". Formulated for children. Safe during pregnancy and nursing.

JSH (capsules)

Take after rich, hard-to-digest meals or junk food, mild constipation or gas, mild food poisoning.

Sinus:

AllerEase (capsules)

Bi Yan Pian (pills/red label)

BiYA (granules)

CB (granules, pills or brew packs)

HB (pills)

Pe Min Kan (pill/green label)

Symptoms: sinus congestion, post nasal drip, runny nose with cold or allergies, also congestion secondary to food allergies.

Magnolia Clear Sinus (capsules)

Sinus congestion or clear sinus discharge, chronic sinus headaches and fatigue; also assists in strengthening defenses.

Pueraria Clear Sinus (capsules)

Symptoms: yellow/green sinus discharge or sinus infection, acute or for allergies.

QBS (brew packs)

WJXD (granules or pills)

Symptoms: yellow/green sinus discharge or sinus infection with copious discharge.

Throat:

YANT (granules, brew pack or pills)

Symptoms: severe sore throat with or without fever.

Chuan Xin Lian (pills/orange label)

For sore throat +/-or swollen glands.

Lu Shen (pills)

Extreme sore throat; kills strept infection.

Cough or Asthma:

PBY (granules or pills)

Cough with high fever, thick yellow phlegm.

QCJF (granules or pills)

Dry or lingering cough (scant or no phlegm), dry mouth/throat, chest congestion or wheezing.

RK (granules, brew packs or pills)

Acute cough even pneumonia, bronchitis; yellow phlegm, feverish, thirsty

XI (granules, brew packs or pills)

Asthma, chest tightness, cough with phlegm, bronchitis

Naturatussin #1 (dry cough or excessive public speaking) Teacher's voice-saving formula!

Naturatussin #2 (wet cough)

Loquat & Frittilaria syrup or Natural Herb Loquat syrup

Cough syrup without alcohol; also great for kids. Tastes good!