

Seasonal Sickness Supplements

Nutritional Protocols for Fall & Winter Sore Throats, Colds and Flu

COLDS & SORE THROAT

Take one or more of the following ASAP with the onset of symptoms:

A.D.P.TM (Anti-Dysbiosis Product) – Emulsified Oregano Oil

Take 2 tablets every 2 hours until symptoms subside, then 6 per day for minimum of 6 days

Swish around in the mouth before swallowing for sore throat; short-term use only

Contraindicated for children under 12 and for pregnant and lactating women

Bio-Immunozyme ForteTM – Broad-spectrum Immune Multiple

Take 2 tablets every 2 hours until symptoms subside, then 6 per day for a minimum of 5 days

L-Lysine HCl – Free-Form Essential Amino Acid (Cold Sores)

Take 2 capsules every 2 hours until symptoms subside, then 10 per day for a minimum of 5 days

Histoplex AB[®] – Botanical Antihistamine “Allergy” Formula

Take 2 capsules every 2-3 hours for sinus congestion as needed

INFLUENZA

Take both of the following ASAP with the onset of symptoms:

GSH-PlusTM Glutathione, N-Acetyl-Cysteine and Glycine

Take 5 capsules every 30 minutes until symptoms subside, then 10 daily for 3 days or until better

Bio-HPFTM Broad-spectrum Botanical Antimicrobial

Take 2 capsules every 2 hours until symptoms subside, then 10 daily for 3-5 days

or until symptom-free (stools typically turn dark with use of this supplement)

GENERAL SUPPORT

Bio-C Plus 1000TM Vitamin C Ascorbates with Bioflavonoids

Take 2-6 tablets per day

Multi-VTM Broad-spectrum Immune System Support Multiple

Take 3 capsules per day

Dose children as follows for each of the supplements under each category:

½ dosage for children 6-12 and ¼ dosage for children under 6

Statements not evaluated by the U.S. Food & Drug Administration. Products not intended to diagnose, treat, cure or prevent any disease.
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