

Lentini Chiropractic Nutrition Series

Cold and Flu Packs

- Antronex:** 2 to 4 tablets, 3 times per day for 7 days.
Helps relieve sinus symptoms for allergies, colds, and flu.
- Broncafect:** 2 capsules, 3 times per day
Acute and sub-acute bronchitis, pulmonary congestion and flu
- Congaplex:** 3 capsules, 3 times per day
Helps to relieve head and chest congestion.
- Echinacea Premium:** 1 tablet, 3 times per day for up to 14 days
This pharmaceutical-grade supplement has the highest amount of essential ingredient to support the immune system. For optimal results, suck on the tablet for 10 seconds before swallowing. May cause a tingling sensation, which is normal.
- Sinus Forte:** 1 tablet, 3 times per day
Blend of herbs for immune support.
- Herbal Throat Spray:** 2 to 3 sprays toward back of throat
Calms scratchy and sore throats
- Immuplex:** 2 capsules, 3 times per day
Boosts immune system function.



Remember, symptoms are signs that your body is battling the infection. The goal is to AID the battle and not to stop it or cover it up.

Also remember to ...

- Stay hydrated by drinking at least 8 eight-ounce glasses of water a day
- Stay away from simple carbohydrates, such as sugar and flour
- Get plenty of rest

Another helpful remedy: Mix 1 Tbsp of **Apple Cider Vinegar** (e.g. Heinz or Braggs) and 1 Tbsp of **juice from a lemon** (not a mix) in an 8 ounce glass of warm **water** and drink. This may be done 2 or 3 times a day.