

# FLU NOSODE

## AND WHY YOU SHOULD TRY IT

The CDC estimates influenza (i.e., the flu) results in 9 – 45 million illnesses annually.<sup>1</sup>

There are no approved natural therapies that prevent or treat the flu, but healthy habits can help protect against its spread:

- Avoid close contact, cover your mouth and nose, and stay home if you feel sick.
- Wash your hands frequently and avoid touching your mouth, nose, or eyes.
- Get lots of sleep, manage stress, drink plenty of fluids, and eat good foods.  
Consider supplementing with vitamins and minerals that support immune health.

For mild cold & flu cases in low-risk individuals, over-the-counter drugs are often used to temporarily relieve common symptoms like fever, headache, cough, sore throat, or congestion.

*Flu Nosode is a natural alternative to other OTC products for cold & flu-like symptoms\**

Flu Nosode is a homeopathic product made from the predominant circulating flu strains, which have been inactivated and serially diluted in 20% alcohol and water.

The resulting liquid product has very low concentrations of inactivated flu strains and no harmful preservatives. So it's gentle, safe, and easy to take:

- Place under tongue 30 minutes before or after meals, 10-15 drops once weekly.
- Immediate or severe symptoms: 10-15 drops every 15 minutes for up to 3 hours.
- Mild or improving symptoms: 10-15 drops 3 times daily.

**WARNING:** Persistent symptoms may be a sign of a serious condition. If symptoms persist or are accompanied by a fever, rash, or persistent headache, consult a doctor. If pregnant or breastfeeding, ask a healthcare professional before use.

\* Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

<sup>1</sup>U.S. Department of Health & Human Services, 2020

