

# Fight the Flu and Colds this Winter with BioResource

During this difficult cold and flu season, BioResource recommends the following remedy combinations to help fight off infections.

# **FLU**

## Adults take:

- NotaSAN®, 1 capsule 3 times per day or 1 suppository at bedtime
- QuentaSAN®, 1 capsule 3 times per day or 1 suppository at bedtime
- MycobaSAN®, 1 capsule
  2-3 times per week
- apo-INFEKT oral drops,
  1/4 to 1/2 tsp in water
  2 to 3 times per day

#### Children take:

- NotaSAN®, 10 drops 3 times per day
- apo-INFEKT, 5-10 drops in water 2 to 3 times per day
- QuentaSAN®, 10 drops 3 times per day

# COLDS

- NotaQuenSAN® nasal spray, 2 squirts in each nostril 4-5 times per day
- NotaSAN®, 1 capsule 3 times per day or 1 suppository at bedtime
- QuentaSAN®, 1 capsule 3 times per day or 1 suppository at bedtime
- If not resolving, add: SubtiSAN<sup>®</sup>, 1 capsule 2-3 times per week

### LUNG CONGESTION

- apo-PULM drops, 1 teaspoon 3-4 times per day
- NotaSAN®, 1 capsule 3 times per day

### COUGHS

 apo-TUSS oral drops, 1/4 to 1/2 tsp in water, 2-3 times per day

# **SORE THROAT**

- Ormed Sprayaway, 2-3 sprays into the back of the throat as needed
- SEPTONSIL oral drops, 1/4 tsp in water
  2-3 times per day

For more information or to order, please contact us at:



800/203-3775



# Remedy Keynotes

- NotaSAN® Master remedy for inflammation; improves antigenic recognition and helps resolve infections
- QuentaSAN® Master remedy for infections; reduces symptoms associated with active infections
- MycobaSAN® Immune system adaptogen with focus towards the lungs, MALT, and bone marrow; often used with viral infections

 SubtiSAN® - Gentle immune system adaptogen used with inflammatory conditions and infections

- apo-INFEKT Assists body in overcoming viral and bacterial infections
- apo-PULM Upper respiratory infections with phlegm; moistens and soothes the airway and tonifies lung Qi
- apo-TUSS Severe cough
- SEPTONSIL Unresolved tonsillar, tonsil scar, dental, or sinus infections



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