



FLU PREVENTION-KIT

Supplements and tips for ourselves in the home & workplace.

<p>FLU PREVENTION TIPS</p> <ul style="list-style-type: none"> • Wash your hands. • Improve ventilation. • Cover your mouth, use a face mask. • Get a vaccination if you are in a target group. • Avoid contact with someone sick. • Do not share eating utensils and cups. • Avoid crowds. • Disinfect work and home often 	<p>FLU PREVENTION KIT</p> <ol style="list-style-type: none"> 1. Vir Assist Herbal Formula (take 2 caps 2 x day) 2. First Defense Herbal Formula (at first sign of Flu, take 2 caps x 3 day) 3. Loquat Lozenges 4. Breathe Deep Tea 5. Hand Sanitizer 6. Tissues
<p>PREVENTION SELF-HELP</p> <ul style="list-style-type: none"> • Get adequate physical exercise • Maintain a healthy diet and get enough sleep. • Watch out for fatigue, overwork, and emotional stress. • Relax to avoid feeling overwhelmed. • Stop smoking and drinking too much. • Keep your neck and chest protected. • Acupuncture. Get treatments to boost your immune system. • Start herbs and vitamins 	<p>IF YOU GET THE FLU</p> <ul style="list-style-type: none"> • Check with your health care provider. • Stay home for at least 7 days. • Get plenty of rest. • Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) • Clean hands with soap and water or sanitizer. • Get medical care right away if; <ul style="list-style-type: none"> *difficulty breathing or chest pain * has purple or blue discoloration of the lips, * is vomiting and unable to keep liquids down, * has signs of

Please call us at 1-800-RXDARCY (1-800-793-2729) [M-F, 9-to-5 est]for assistance with your personalized treatment.

**The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*