



**FALL/WINTER
REFRIGERATOR SHEET -
FOR COLD & FLU SEASON**

Extra Prevention: (in addition to your regular supplements)

Vitamin D - 4000 IU daily – take with a meal

Greens Mix – 2 capsules with breakfast

(you could also do a green drink)

Flu Nosode 2011-2012 – ¼ dropper 1 x week
for 4 weeks as prevention

Optional Immune Boosters:

(choose one at a time – good to rotate)

Nucleotide – 2 daily for prevention -

and up to 8 daily if you have caught something

Immune Complex – 2 – 4 daily

great overall immune support

Olive Leaf Extract – excellent anti viral and blood purifier

Super C Plus – take 1-5 daily

this complete formula also has bioflavonoids -

Colostrum – great for digestion and powerful immune
support – good for fall/early winter

Echinacea w/Vitamin C – classic immune support plus
has antiviral and antibacterial action

Sambucus (Elderberry) – powerful immune support
well-known for killing flu viruses

Immune System Regenerator – this is a special immune
building formula with fulvic/humic acid and
minerals, it is also an excellent antioxidant

Great to Have on Hand:

Infecticin – take this amazing homeopathic at first
sign of anything and up to 4 x day if sick

Guna Flu – ½ vial 2 x day at first sign of flu or sore throat

High Strength Yin Qiao – 3 to 9 pills at first sign
of cold or flu

For Digestive Support:

Probiotic – 1 or 2 caps either first thing AM or before bed
(no food 30 minutes)

Digestzyme – 2 caps with meals either once or twice daily

For Overeating / Richer Foods / More Sugar Consumption:

Ultra Mins – 2 daily

Ultra B Complex – 1 with breakfast

Candidic Forte – 2 caps 2x day for Candida, bloating,
disbiosis

Chromium Forte – 1 capsule 2x day just before eating
(will reduce sugar cravings)

Paracidin – this parasite formula is also excellent for
general digestive support and cleansing

Sugar Mix – ¼ dropper 2 to 3x day

Appetite Control – ¼ dropper 2 to 4x day for cravings
and appetite control

*all of the above supplements are 10% off at
www.holistichavenpharmacy.com "SPECIALS" Tab