

Cold and Flu Season Care Packages

Natural approaches, instead of getting a flu shot.

We've prepared special Natural Pharmacy recommendations to help you get through the season. All available all on our website cometawellness.com and at the Cometa Wellness Center.



Prevention

Throat & Gland Spray

- Spray 3-4 times in back of throat each morning

and

Flew Away Capsules

- 2 capsules daily

or

ImmuCare I Capsules

- 2 capsules daily

and

Esterol

- 2 capsules daily

or

Innate Vitamin C

- 2 capsules daily

At First Onset of Symptoms

Throat & Gland Spray

- Spray 3 times in back of throat **4-6 times** a day.

and

Flew Away Capsules

- 2 capsules, 3 times daily

or

ImmuCare I Capsules

- 2 capsules, **3 times** daily

and

Esterol

- 2 capsules, **2-3 times** daily

or

Innate Vitamin C

- 2 capsules, **3 times** daily

For Sinus Congestion

add

S-Clear

- Spray **two times** in back of throat, close mouth, exhale through nose then swallow.
- Use **4-6 times** daily or at onset of sinus and/or nasal congestion.
- *Note: Use before Throat & Gland Spray.*