



Woodstock
— V I T A M I N S —

neal's cold recommendations!

These are the recommendations Neal gives to patients in his pharmacy.
If he's not your pharmacist, check with a healthcare professional before following these tips.

1 prevention

Don't supplement to prevent colds. Vitamin C and other things won't "boost" your immune system, so don't waste your money. Instead, be healthy! *And remember: antibiotics DON'T help colds!*



Get rest



Eat well



Take your
Vital 5



Exercise



Wash your
hands



Stay away
from kids



Increase your
fluids

2 treatment

On first sign of a cold (a scratchy sore throat), follow this plan:

Day 1 & 2:

Zinc Lozenges

Slowly dissolve 1 lozenge 6 times daily for 2 days. No food/drink for 15 min after. If that works, we saved you from a cold! If not, move to "Day 3."



Day 3:

High Dose Echinacea Extract

Take 2 capsules 5 times a day... If that works, we did it! If not, sorry, you're just destined to get a cold. Now, we can treat the symptoms...

3 symptom relief

Sinus congestion, runny nose, and all that fun

Sinus Blaster:

1 dropperful 4-6 times daily.

Nasal Sprays and rinses:

Saline, Xylitol, and Neti-pots are a really big help for some!



Cough and lung support

Bronchial Syrup:

1/2 to 1 teaspoonful up to 4 times daily. *Mucinex* (the real stuff) if severe or you can't use herbal options. Don't forget a vaporizer and elevate the top of your bed slightly!

Aches and Fever: Traditional pain relievers like ibuprofen and acetaminophen are your friend. Talk to us or your doctor for dosing to keep them effective, yet safe on your body.

Visit WoodstockVitamins.com/cold to read all of Neal's recommendations

WOODSTOCKVITAMINS.COM • HELLO@WOODSTOCKVITAMINS.COM • (845) 521-7455