

PROMEDICS BOTANICAL BOOTCAMP ALLERGIES, COLDS AND FLU

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
SORE THROAT OR COUGH (ACUTE TX)	ANDROGRAPHIS COMPLEX	2 tabs qid	7-10 days	CI - Asteraceae/Compositae/Daisy family (ragweed) allergy, Pregnancy
SINUS CONGESTION FROM URTI, ACUTE ALLERGIES	SINUS FORTE	Forte 2 tabs tid	2-5 days	CI - Asteraceae/Compositae/Daisy family (ragweed) allergy, Pregnancy
EAR INFECTIONS	ECHINACEA PREMIUM TABLETS OR 1:2 LIQUID	2 tabs bid (3ml bid)	7-10 days	CI - Asteraceae/Compositae/Daisyfamily (ragweed) allergy
COLD PROPHYLAXIS		2 tabs/d (3 ml/d); Acute 2 tabs bid	September-April	
STOMACH ACHES (GASTRITIS, CONSTIPATION, FLORA ISSUES, DIARRHEA), URTI, H.PYLORI	GARLIC FORTE	2 tabs bid	6 weeks for bowel flora changes	CI - garlic sensitivity/allergy
SEASONAL AND ENVIRONMENTAL ALLERGIES, ACUTE AND PROPHYLAXIS	VITAL NUTRIENTS' ALLER-C	2 caps bid-qid	Start 6-8 weeks before allergy season for prophylaxis	
PREVENTION, FREQUENT ILLNESS	5 MUSHROOM FORMULA	1-2 qd	Taken daily September-April for prophylaxis	CI - Edible Mushroom Allergy
CLEAR UP MUCUS, PREVENTION OF COLDS, FREQUENT INFECTIONS	ASTRAGALUS COMPLEX	2 tabs bid	4 wks	CI - acute infxn, Asteraceae/Compositae/ Daisy family (ragweed) allergy