

PROMEDICS BOTANICAL BOOTCAMP RESPIRATORY SUPPORT

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
COUGH, PERTUSSIS, BRONCHITIS, PLEURISY, LUNG CONGESTION	BRONCAFECT	2 tabs bid	3-7 days	CI- hypertension, edema and with K depleting diuretics. CI with immune suppressant meds, caution with cortisol, prednisolone and antacids.
SINUSITIS, LAXITY OF SINUS MUCOSA, UPPER RESPIRATORY INFLAMMATION, ALLERGY	SINUS FORTE	Acute: 2 tabs t-qid Chronic: 1 tab t-qid	3-7 days	CI- pregnancy and lactation. CI in known allergy to Golden Rod.
ATHLETIC PERFORMANCE, VIRAL INFECTIONS, FATIGUE, SHORTNESS OF BREATH	ECHINACEA PREMIUM TABLETS OR 1:2 LIQUID	3-4 tabs bid	1 mo	CI- Asteracea/Compositae/Daisy (Ragweed) family allergy
		3-6ml daily		
SORE THROAT, COUGH, BRONCHITIS	LICORICE 1:1 HIGH GRADE FLUID EXTRACT	2-4mL daily	3-7 days	CI- hypertension, edema and with K depleting diuretics. CI with immune suppressant meds, caution with cortisol, prednisolone and antacids.
ACUTE + CHRONIC INFECTION	ANDROGRAPHIS COMPLEX	2 tabs qid	7 - 10 d	CI -Asteraceae/Compositae/Daisy family (ragweed) allergy, pregnancy
PREVENTION, FREQUENT ILLNESS	5 MUSHROOM FORMULA	1-2 caps qd	Taken daily September-April for prophylaxis	CI - Edible Mushroom Allergy
POST-INFECTION TO SUPPORT CONVALESCENCE	ASTRAGALUS COMPLEX	1 tab bid	1 mo	CI - acute infxn, Asteraceae/Compositae/Daisy family (ragweed) allergy
		1 tab bid	Ongoing support for cold and flu Sept-April	