

Dosage and directions

Zinc Lozenges (TheraZinc):

One per hour at the start of cold symptoms (total dose no more than 90 mg/day up to 2 weeks)

Vitamin C, 500mg:

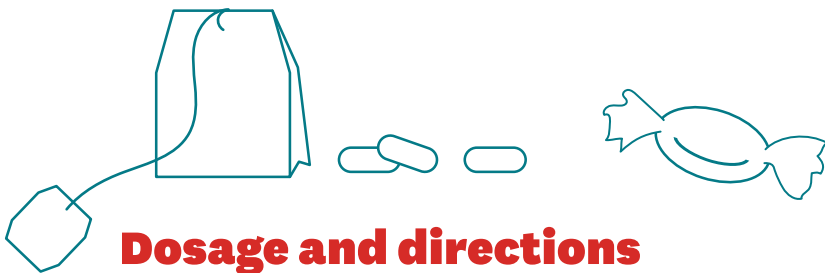
1-2 tablets every hour. If you experience stomach cramping or diarrhea, decrease the dose.

Salt:

Dissolve packet of salt in warm water. Gargle at the back of the throat and spit out. Do not swallow.

Honey:

Dissolve packet of honey in hot water or tea to soothe a sore throat. Do not feed honey to infants or children under the age of 2.



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Cold and Flu Instructions

- If you are **having difficulty breathing** or cannot stop vomiting, it is okay to go to the emergency room or urgent care.
- Most colds and coughs are caused by a virus and will **not be cured with antibiotics**.
- If the cold or cough **lasts more than 10 days** and is getting worse, then antibiotics might be of benefit and you can be seen in our clinics.
- The best way to get over a cold is to help your immune system fight the infection with **plenty of rest and sleep**.
- **Avoid sugar** as it suppresses your immune system and makes it harder for your body to fight a cold.
- **Stay hydrated** with water or herbal teas.

This kit contains simple items to help you treat the symptoms of your cold.

Chicken Broth: can be soothing, light on your tummy, and help keep you hydrated

Ginger Tea: helps decrease nausea

Throat Coat Tea: helps soothe a sore throat

Honey: helps to calm a cough or sore throat

Salt Water Gargle: helps to soothe a sore throat

Zinc Lozenges: helps to boost your immune system to fight the cold

Vitamin C: helps to boost your immune system to fight the cold

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