



The Reference Point

When you're ready for solutions.

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Cold & Flu Season Remedies

General Immune Support

- Nucleo Immune: 2 per day for maintenance or 6 per day if sick
OR
- Colostrum-21: 2 per day for maintenance or 6 per day if sick

Sore Throat (*If white spots are on throat – make an appointment ASAP*)

- Premier Oregano Oil: 4-6 drops 1-3 times per day
- Nucleo Immune: 6 per day
- Coriolus Immune: 6 per day

Cough

- Premier Neem Oil Ultra: 2 drops in each ear w/ tufts of cotton at bed
- Allicidin: 6 per day
- Green Tea-ND: 1-2 teaspoons per day
- Nucleo Immune: 6 per day

Sinus

- Premier Neem Oil Ultra: 2 drops in each ear w/ tufts of cotton at bed
- Allicidin: 6 per day or 12 per day if you have a sinus infection.
- Nucleo Immune: 6 per day
- Premier Oregano Oil: 4-6 drops per day

Fever

- Premier Oregano Oil: 4-6 drops 1-3 times per day

Upset Stomach

- GastroVen: Open 2 caps into cup, add hot water, cover and steep 10 min. Up to 3x per day
- Green Tea-ND: 1 teaspoon per day
- Ginger Chews

Cramping Stomach

- Raw Honey – 1 tablespoon

Diarrhea

- Green Tea-ND: 1-2 teaspoons per day
- Premier Probiotic Caps: Chew 2 & swallow 2 every morning before food.