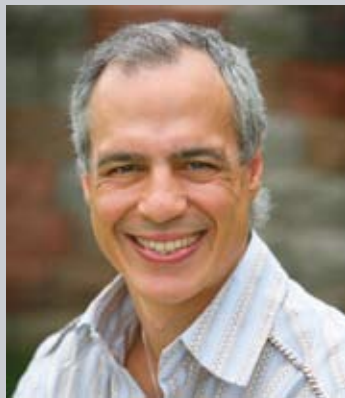


Natura's Cold & Flu Protocol:

- Provides support for a healthy immune response to colds and flu
- Modulates immune response to cold and flu symptoms
- Helps clear invading pathogens from the body
- Imparts antiviral and antibacterial effects
- Harmonizes the endocrine system to support healthy immune function
- Restores and builds vitality



DONALD R. YANCE JR., RH (AHG), CN
FOUNDER AND FORMULATOR

Donald Yance is a practicing Clinical Master Herbalist, Certified Nutritionist and the author of Herbal Medicine, Healing and Cancer and Thriving Beyond Surviving: Elite Herbs and Natural Compounds for Mastering Stress and Aging. Providing visionary leadership in the field of natural medicine, Mr. Yance has clinics on both coasts, and has mentored and trained practitioners nationwide. Natura's formulas apply key principles rooted in Mr. Yance's Eclectic Triphasic™ Medical System, an evolutionary paradigm for healing whose fundamental objectives are to strengthen the individual in a relational and harmonious way and to diminish the vulnerability towards or presence of disease.

EXCEPTIONAL QUALITY

Our formulas feature premium quality ingredients which are historically and scientifically validated. Our products are distinguished by their exceptional grade and purity and are manufactured in FDA registered production facilities that follow strict regulations for Current Good Manufacturing Practices established specifically for the dietary supplement industry.



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COLD AND FLU PROTOCOL



NATURA COLD AND FLU PROTOCOL

The Common Cold and the Flu

The common cold is caused by any 1 of 200 different viruses. When infection occurs, the walls of the respiratory tract swell and produce excess mucus, giving rise to the typical cold symptoms. Symptoms range from sore throat, runny nose, nasal congestion, and watery eyes to hacking cough, headache, and fever. Most colds run their course in 7-10 days. Prolonged or recurrent colds may indicate a lowered immune capacity, too much stress, and often not enough sleep. The flu is caused by an influenza virus, and is accompanied by fever, body aches, headache, fatigue, loss of appetite, and a dry cough or sore, dry throat.

The manifestation of colds and flu is a combination of two main factors: the existence of a disharmony or weakness of the endocrine/immune system and the pathogenic influence. Both aspects should be addressed when considering the onset of cold and flu season. There are two primary components to Natura's Cold and Flu Season Protocol. The first component involves increasing the vital force, thereby reducing the body's susceptibility to invasion by pathogens. The second entails aiding the body and alleviating symptoms during the acute onset of a pathogenic influence, such as an influenza virus.

Treatment Principles

Modern biomedicine looks at the existence of an invading bacteria or virus as the cause of disease, and uses powerful drugs like antibiotics to kill the pathogens. In contrast, traditional medical systems examine conditions of the body's internal environment that are present during an illness and focus on the physical manifestations of the disease process. By applying both concepts simultaneously in balanced formulations of potent herbal extracts we are able to achieve remarkable results in the management of colds, flu, and many other infectious diseases.

Natura's Cold and Flu Protocol is designed to support the whole system, while simultaneously aiding the body in ridding itself of the pathogens associated with colds and flu. The same herbs that keep colds and flu at bay will also help you get well faster once you are sick. Taken at lower doses, the formulas provide support for prevention during the cold and flu season by balancing the endocrine system and strengthening the immune system. Taken at higher therapeutic doses, these formulas deal with factors of acute onset and are indicated when colds and flu have already begun to move into the symptomatic phase. The dosing suggestions found herein are guidelines intended to optimize immediate and long term benefits.

Cold and Flu Protocol: Seasonal Support & Acute Onset

Product	Dosage/Frequency	Indications/Instructions
Vital Adapt™ or Power Adapt™	1 - 2 caps or droppers 2 - 3x daily	Maintains healthy endocrine/immune system. Restores vital energy during and after illness.
Immucare I™	6 caps or 1 tsp 1 - 3x daily	Builds white blood cells and improves immune response. Can be taken throughout cold and flu season to provide immune defense.
Throat & Gland Spray™	2 - 8 sprays 2 - 5x daily (low dose for seasonal support; high dose for acute onset)	Enhances the body's ability to fight infection both locally and systemically. Strengthens the immune system to absorb pathogens, improve lymphatic drainage, and relieve pain.
Flew Away™	2 caps, 2 - 8x daily (low dose for seasonal support; high dose for acute onset)	Provides immune support to hasten recovery and ease symptoms. To stimulate immune response, induce a mild sweat at the first sign of cold or flu: take Flew Away dose, follow with a 20 min. soak in a hot Epsom salt bath, then curl up under a warm blanket.
Complementary Formula		
Immucare II™	6 caps or 1 tsp 1 - 3x daily	Provides deep immune support and helps to clear pathogens from the body. This formula is especially useful for full blown colds and flu manifesting with high fever, strong thirst, congestion, urination or bowel changes, diminished appetite, etc.



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*Consult your healthcare provider for more advanced recommendations based on individual needs. These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.