

## Sinus, Cold and Flu

**R**unny nose, sneezing, sore throat and watery eyes. It's that time a year again, with sinus, cold and flu symptoms taking no prisoners. With most people getting colds in the winter and spring, according to the Centers for Disease Control and Prevention (CDC), seasonal symptoms are the main reason most children and adults miss school and work annually, with millions of cases averaging two to three colds per year for adults and youth alike.

Long gone is the season of sipping basic hot tea and waiting for relief with so many fast-acting and all-natu-

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ral products available on the market today. Choice Organic Tea is on the top of the list for common cold and flu relief, using herbs to help soothe lungs and throat. Scandinavian Formulas also eases irritating symptoms with SalivaSure Lozenges, self-dissolving tablets available in mini sized flip-top packaging that leaves room for Kleenex in the pocket.

To help before a problem begins, Herbalist & Alchemist Healthy Kid's Compound promotes a healthy immune function through herbs and

fruits, which can be added to morning juice or water so children don't notice the daily dose that fights off sickness. And when you do need to convince children to take their medicine, they are promised to enjoy Redd Remedies Throat Drops that offer menthol vapors through pure oils. Lastly, Boiron USA Children's Chestal Cold & Cough helps ease symptoms of all types of common colds with a natural honey base, helping little ones stay healthy inside so they can enjoy being outside in the cold and snow while building a friend.

### Organic Tea

Choice Organic Tea (Seattle, WA) Breathing Space Echinacea Blend tea helps maintain healthy airways with this refreshing blend. Echinacea, one of the most popular immunity-supporting herbs, is paired with elder flower, trusted by herbalists to support healthy sinuses, ears, and throats, according to the company, and eucalyptus, known for thousands of years to help support normal respiratory function for healthy breathing, completes the blend. The tea (MSRP \$4.99, 16-ct.) is caffeine free and is organic certified. For more information, call (206) 525-0051 or visit [www.choiceorganict teas.com](http://www.choiceorganict teas.com).



### Throat Drops

Redd Remedies (Bradley, IL) Throat Drops come in delicious Cherry, Sweet Lemon and Cool Mint flavors that relieve soreness with natural menthol vapors from pure essential oils. Key ingredients in Redd Remedies' Throat Drops (MSRP \$5.99, 16-ct.) include mullein and sage, which help to soothe sore throats, and holy basil, an ayurvedic herb traditionally used to support healthy respiratory function. The drops are non-GMO, gluten-free and vegetarian, safe for everyday use. For more information, call (888) 453-5058 visit [www.reddremedies.com](http://www.reddremedies.com).



### Lozenge

Scandinavian Formulas, Inc. (Sellersville, PA) SalviaSure Lozenges are a self-dissolving lozenge in a pocket size flip-top box that moisturizes the mouth and helps freshen your breath. SalviaSure (MSRP \$9.95, 90-ct.) increases saliva production through the physiological stimulation of taste buds and provides instant relief for dry mouth upon contact. Its unique composition of xylitol, fruit acids, salts and a phosphate buffer are designed to avoid any damage to teeth or dental tissue. For more information, call (215) 453-2507 or visit [www.scandinavianformulas.com](http://www.scandinavianformulas.com).



### Chest Congestion



Boiron USA (Newtown Square, PA) Children's Chestal Cold & Cough is a multi-symptom formula that targets symptoms of the common cold such as nasal and chest congestion, cough, runny or stuffy nose, sneezing and minor sore throat. Providing parents with a convenient option that works naturally with their little one's bodies, this kid-friendly tasting syrup (MSRP \$11.99, 6.7-oz.) is recommended for children ages 3 and up. It does not cause drowsiness or interact with other medications and is free of dyes. For more information, call (800) 258-8823 or visit [www.chestal.com](http://www.chestal.com).

### Immune System Support

Herbalist & Alchemist (Washington, NJ) Healthy Kid's Compound, a formula developed by David Winston in his clinical practice to support children's healthy immune function, is developed with all natural ingredients. The compound (MSRP \$23.90, 2-oz.) is made up of Echinacea root, Elderberry fruit, Lemon Balm Herb, Orange Extract and USP pharmaceutical grade glycerin and distilled water. The product can be mixed with juice or water for easier digestion. For more information, call (800) 611-8235 or visit [www.herbalist-chemist.com](http://www.herbalist-chemist.com).

