

LOWER THE RISK

Colostrum or Astragalus, and Elderberry Juice for children, can help provide an added layer of protection. For best results, start in early fall, before those around you start being contagious.



- Bolsters immunity
- 100% pure
- Low-heat processed to ensure potency
- In powder or capsules

- Strengthens the immune system
- Root extract with potent 16% polysaccharides



- Nutritional immunity support
- With the power of 160 berries per portion

WILD OREGANO C93

Keep this powerful antioxidant in your first-aid kit, to use at the first sign of low energy or symptoms, especially when colds are going around.



STAY AHEAD OF THE FLU AND RSV THIS SEASON!

Flu and respiratory syncytial virus (RSV) are set to rise in October, peaking by December. At highest risk are seniors (65+) and children (5–12).

COLD HARD FACTS

- Most adults get 2–5 colds annually, a major cause of missed workdays.
- Flu spreads quickly, affecting 5–10% of adults and 20–30% of children yearly.
- Symptoms can last over four weeks!

BOOST YOUR IMMUNE SYSTEM: ESSENTIAL TIPS FOR WINTER WELLNESS

DAILY ESSENTIALS

Strengthen your immune system with our daily probiotics, vitamins C and D, and zinc.

STRESS RELIEF

Manage stress to avoid high cortisol levels that weaken your immunity.

HEALTHY DIET

Limit sugar and focus on nutrient-dense foods to keep your immune response strong.

GET ENOUGH SLEEP

Aim for 7–9 hours of sleep to boost antibody production and reduce inflammation.

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SICK OF GETTING SICK?



LOWER THE RISK
REDUCE THE SEVERITY
RECOVER FASTER

New Roots
HERBAL

REDUCE THE SEVERITY

Feeling the start of cold or flu symptoms? Perhaps it hit faster and harder than expected? Why suffer through it when natural product options are available to reduce symptom severity? Some even reduce symptom duration.



- Broad-spectrum, potency-validated botanical extracts
- Andrographis is clinically proven to reduce severity and duration of common colds
- Added immune support from maitake, reishi, and shiitake hot-water extracts

ECHINACEA HELPS RELIEVE SORE THROATS AND SYMPTOMS OF UPPER RESPIRATORY TRACT INFECTIONS

May be used by adults and teens ≥ 15 years old



- 691 mg of organic echinacea root per teaspoon



- 400 mg of echinacea root per capsule

ELDERBERRY IS RENOWNED FOR REDUCING DEBILITATING SYMPTOMS OF INFLUENZA



- Reduces coughs, sore throats, runny nose
- Reduces mucus accumulation within the upper respiratory tract
- Added antioxidant power of black currants and bilberries

ELDERBERRY TINCTURES MAY BE USED BY CHILDREN 2 YEARS AND UP



- Elderflower promotes sweating to relieve fever from colds and flu
- Eases coughs, sore throat, and mucus in the upper respiratory tract



- Relieves symptoms of colds and flus, such as cough and sore throat
- Reduces mucus buildup in upper respiratory tract

RECOVERY FAVOURS THOSE WHO TAKE ACTION AND STAY POSITIVE

RECOVER FASTER

As bothersome symptoms start to decrease, added lung function support is key. Expelling tenacious mucus buildup in the bronchial tubes helps improve breathing, reduce prolonged coughing, and relieve chest discomfort. These proven options can help resolve your symptoms faster than if left alone.



- Helps relieve symptoms of chronic bronchitis
- Decongests the lungs by breaking down mucus
- Helps treat an inflamed respiratory system

- Targeted relief for bronchitis, common colds, laryngitis, and pharyngitis
- Clinically proven to speed up recovery
- Does not cause drowsiness
- Suitable for children ≥ 6 years old



- Plant formula with expectorant properties to help clear toxins from lungs and bronchi
- Lobelia helps relax the respiratory system