

ADULT COLD AND FLU PROTOCOL

DAYS 1 - 3 (as soon as you think you are coming down with something):

Days 1 - 3	Rising	Breakfast	Midmorning	Lunch	Midday	Dinner	Bedtime
Vitamin A-Pack		2				2	
Liposomal C OR Stellar-C Capsules	1 tsp OR 2 caps	1 tsp OR 2 caps	1 tsp OR 2 caps	1 tsp OR 2 caps	1 tsp OR 2 caps	1 tsp OR 2 caps	1 tsp OR 2 caps
Zinc		1				1	
Vitamin D-Pack		2				2	
Gan Mao Ling Tablets OR Gan Mao Ling Tincture	3 tabs OR 2 droppers		3 tabs OR 2 droppers		3 tabs OR 2 droppers		3 tabs OR 2 droppers
Biocidin Throat Spray	1-2 sprays		1-2 sprays		1-2 sprays		1-2 sprays
XLear Nasal Spray	1-2 pumps		1-2 pumps		1-2 pumps		1-2 pumps

DAYS 4 - 10: Often symptoms resolve by day 3. If not, continue the suggestions below until you feel perfectly well, or up to 10 days. **Beyond 10 days or with high fever please seek professional advice!**

Days 4 - 10	Rising	Breakfast	Midmorning	Lunch	Midday	Dinner	Bedtime
Vitamin A-Pack		1				1	
Liposomal C OR Stellar-C Capsules		1 tsp OR 2 caps		1 tsp OR 2 caps		1 tsp OR 2 caps	
Zinc		1				1	
Vitamin D-Pack		1				1	
Gan Mao Ling Tablets OR Gan Mao Ling Tincture	2 tabs OR 2 dropper		2 tabs OR 1 dropper		2 tabs OR 1 dropper		2 tabs OR 1 dropper
Biocidin Throat Spray	1-2 sprays		1-2 sprays		1-2 sprays		1-2 sprays
XLear Nasal Spray	1-2 pumps		1-2 pumps		1-2 pumps		1-2 pumps

ADULT COLD AND FLU PROTOCOL

Additions:

RUNNY NOSE, CONGESTED NOSE, POST-NASAL DRIP WITH CLEAR COLOR

- ADD [Bi Yan Pian](#), same dosage as Gan Mao Ling above, at the same time.

NASAL OR SINUS INFECTION WITH YELLOW OR GREEN MUCUS

- ADD [Nasal Tabs 2](#) or [Sinatrol](#). Nasal Tabs are same dosage as Gan Mao Ling above, at the same time. Sinatrol is 2 caps DAYS 1 - 3, then reduce to 1 cap, at same time as Gan Mao Ling.
- SWITCH XLearn for [XLearn MAX](#).

IF ANTIBIOTIC IS NEEDED, SUCH AS WHEN INFECTION ENTERS LUNGS, OR THROAT AND LYMPH GLANDS ARE SWOLLEN

- SWITCH Gan Mao Ling for either [Antiphlogistic Antibiotic](#) or [Olivirex](#), same dosage and timing as Gan Mao Ling.

IF LUNGS ARE AFFECTED OR WITH HISTORY OF LUNGS BEING AFFECTED

- ADD [Clear Air](#) or [Deep Lung](#), same dosage as Gan Mao Ling above, at the same time. Clear Air is same dose as Gan Mao Ling tablets and Deep Lung is same dose as Gan Mao Ling Tincture.