

## MEDICINE CABINET

*This is just a guideline for what you should have available at home. If you are experiencing any symptoms, please call your clinician. PLEASE DO NOT "SELF-MEDICATE"! Your clinician will tell you what to take (based on what you have on hand) and what dose. Remember, you can request to come in for a quick check, or your clinician may ask you to come to the office to be seen.*

**Echinacea Premium (liquid)**: good for most conditions associated with pathogens, such as colds, flu, sore throat, bronchitis; also works for asthma, lymphatic congestion

**Calcium Lactate**: use for fevers, infections, cramps, pain, headaches, cough, insomnia

**Antronex**: good for allergies, nasal congestion, sinus headaches (use "Sinus Congestion")

**Thymex**: use for acute infections (such as ear infections), as well as inflammation and allergic reactions

**Multizyme** and **Zypan**: always good to have on hand; may take for heartburn, nausea, allergies

**Apple Cider Vinegar**: use for ACV tea and ACV tent; can use on rashes, acne

**WO Oil**: excellent healing oil, good for rashes, acne, good for diarrhea, the flu, bug bites, sore throats

**Cataplex ACP**: good for fevers, inflammation, congestion, infections

**Ligaplex I**: use for acute ligament trauma/pain, such as sprains and strains

**Congaplex**: effective for congestion, bacterial/viral infections, fever, colds/flu

**Zymex II**: use for suspicion of parasites; also good for constipation or diarrhea, stomach ache, severe inflammation

**Spanish Black Radish**: drainage (parasitic, bacterial or fungal), constipation, diarrhea, and sinus congestion

**Cataplex F perles**: use for sunburn, muscle cramps

**Fish Oil (Pro DHA, EFA, etc.)**: useful as a sleep aid

**DV3**: good for overall immune support

**On Guard Essential Oil**: immune system support; kills airborne pathogens; used for acute infections such as sore throats, cold, and sinus congestion

*Purchase the entire product list and receive 30% off!*

*Or purchase 8 or more of the above items at one time  
and receive a 20% discount off your order.*

*Please contact our front desk for item prices.*