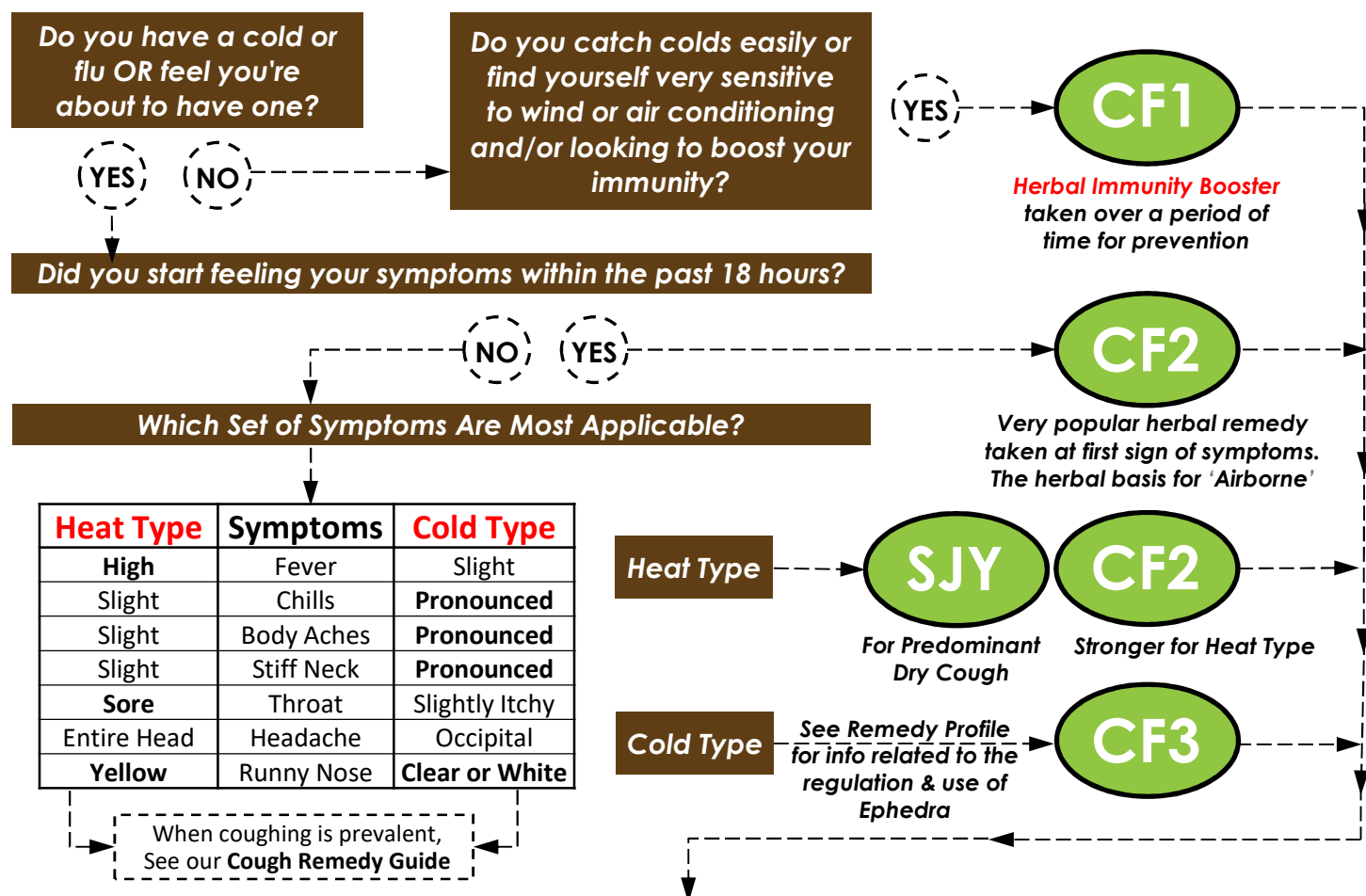


# Cold & Flu Remedy Guide

This educational guide illustrates the most appropriate use of herbal remedies commonly used for this condition.

The corresponding remedy designations in green ovals are abbreviated for simplicity and clarity.

Scan the QR code below for more detailed info & video walkthroughs on our [Herb Navigator YouTube channel](#).



## Related Herbal Formulas + Syrup and Tea Add-Ons

|   |  |  |  |  |   |
|---|--|--|--|--|---|
| <b>CF4</b>  | <b>CF6</b>   | <b>CF7</b>   | <b>S-NJ</b>  | <b>T-IS</b>  | <b>T-SJ</b>   |
| Extremely Sore & Inflamed Throat and/or Tonsils. Strong Antiviral, Antibacterial & Anti-Inflammatory properties | Cough with thick yellow or green phlegm. Often used for Upper Respiratory Infections | For significant Nasal Congestion. Often used for acute rhinitis or sinusitis | Soothing Herbal Throat & Cough Syrup. Commonly used for Hoarseness or Loss of Voice by vocal performers & teachers | Strong Antiviral, Antibacterial & Anti-Inflammatory Tea for Inflamed Throats. Commonly used for prevention | Tea Similar to 'T-IS' Slightly weaker for throat. Has herbs for dry coughs, swollen glands and red irritated eyes |



**Herb Navigator**  
EXPLORING NATURE'S REMEDIES



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Video  
Guide

This document is for educational purposes only and is not medical advice.

Consult a qualified healthcare provider, herbalist, or acupuncturist for personalized recommendations.