

**Bacteria primarily cause a simple cold while ‘the flu’ is the result of a virus.**

If you happen to have a viral infection, there are about 48 hours to stop it before it makes you sick. At the onset of symptoms, you don’t always know if you are fighting a bacteria or virus, and antibiotics are over used to address these illnesses.

Good news! There are over the counter supplements that can stop bacteria and viruses and prevent the need for antibiotics.

The timing on when to take them is important, so read the guide below.

Take these at the first onset of symptoms or as prevention through cold/flu season:

- Vitamin C 1000 mg/day (Ester C)
- 500 mg NAC (n-acetyl cysteine)  
Improves immune response –shortened hospital stay for pneumonia by 4 days
- Zinc 15 mg/day—you may already be getting this in your multivitamin

Take this only for 2 days --AS SOON AS YOU FEEL ANY SYMPTOMS:

- **Quick Defense by Gaia** ---take this every 4-6 hours for 48 hours  
Contains andrographis and Echinacea, which have potent anti-viral properties
- Take for 2 days, after that, there is little benefit

**If our doctors prescribe antibiotics or anti-viral therapy**, we recommend restoring your intestinal bacteria. They are your first line of defense against disease! Antibiotic medications reduce beneficial bacteria in your body, leaving less desirable bacteria to increase in population. Probiotics help your intestines tolerate the medication AND help restore the proper gut flora after the antibiotics are finished. **Continue taking probiotics while taking your medication and for at least 4 weeks thereafter.** A daily routine of probiotics is recommended throughout cold and flu season.

Recommended Probiotics: Take one per day

- Therbiotic Complete by Klaire Labs
- Probiotic Synergy by Designs for Health
- Ortho Biotic 100 by OrthoMolecular---this is higher dose offers more protection for those with GI issues