



## NUTRITION/HERBAL SUPPORT - PAIN GENERAL

Supplement	Reason	Adult Dose	Child Dose
<i>Standard Process/MediHerb:</i>			
Andrographis	Acute Support/Viral & Bacteria	1-3 caps per day	½-1 cap per day
Astragalus	Chronic Support	1-3 per day	½-1 cap per day
Broncafect Liq	Respiratory Support	1-3 tsp per day	5 drops - 1 tsp
Broncafect	Respiratory Support	2-4 per day	1-2 per day
<b>Calcium Lactate*</b>	<b>Fever / PAIN Support</b>	<b>1-2 every 20 min</b>	<b>1 every 20 min</b>
Saligesic	Head/Body ache pain	2-4 every 2-4 hours	½-1 cap 1-2x day
Echinachea-C	Immune system herbal support	4-6 tabs 2x day	1-3 tabs 2x day
Echinachea Prem	Immune system herbal support	2-4 1x day	½ tab 1 x day
Epimune Complex	Immune Support - Viral Discomfort	3-6 per day	1-3 per day
Herbal Throat Spray	Throat Support & Discomfort	3-4 Sprays as needed	1-2 sprays as needed
Immuplex**	Viral support & Discomfort	3-4 caps 3-4x day	1-2 caps 3-4x day
ResCo Liquid	Respiratory Support & Discomfort	1-3 tsp per day	5 drops - 1 tsp
<i>NutriPlex</i>			
Vital Defense	Overall body/organ support for detox discomfort	2-3 caps 1-2x day	½-1 cap 1-2x day
CalMag	Overall body/fever/pain support		
ProMin	Overall body/organ support for nutrient deficiency	2-4 per day	½-1 per day
<i>Young Living Essential Oils</i>			
PanAway	Acute / Chronic pain joints, muscles	<i>Please see essential oil information</i>	
Relieve It	Acute Injury / Release		
Peppermint	Headache / Stomach pain		
RC	Joints / chest		
Thieves	Discomfort Feet & Lymph		
<i>***Essential Oil Capsules: In office</i>			
<i>HerbPharm/Energique</i>			
Trauma Drops	Pain Support	10-60	5-30 drops/day
Grippe HP	Viral Vomit/Diarrhea	20-60 drops/day	5-30 drops/day
Rehydrate Drops	Cellular Hydration	1 drop/1 oz of water	1 drop/2oz of water

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Note: The above is not intended to replace medical advice or care of a physician.



## NUTRITION/HERBAL SUPPORT - PAIN 12 Types

Type of Pain	Reason - Pain	Adult &/or Child Dose	
<b>CRITICAL to ONLY use medicinal grade from MediHerb</b>			
<b>General ~ Muscular</b>	California Poppy, Cramp Bark, Wild Yam, Golden Seal	<b>In clinic dosage per person per incident</b>	
<b>General ~ Nervous System</b>	Chamomile, Damiana, Schisandra, St. John's Wort		
<b>Inflammation</b>	Turmeric, Ginger, Saligesic, Echinacea Premium		
<b>Spasm - (osteoarthritis)</b>	Cramp Bark, White Peony, Ginkgo		
<b>Weakness</b>	Eleuthero, Ashwaganda		
<b>Neuralgia</b>	Cayenne, Peppermint		
<b>Visceral (head)</b>	Feverfew, Nervagesic		
<b>Anxiety</b>	St. John's Wort, Chamomile, Ginkgo, Damiana		
<b>Depression</b>	St. John's Wort, Damiana		<b>In clinic dosage per person per incident</b>
<b>Insomnia</b>	California Poppy, Valerian, Passion Flower		
<b>Stress</b>	Rehmannia, Schisandra, Eleuthero	<b>In clinic recommendation ONLY for children</b>	
<b>Nerve/Back</b>	Jamaican Dogwood, Willow Bark		

\*Continue with calcium lactate every 20 minutes until fever drops but should still run low grade 99-102 degrees.

*Depending on response may adjust dosage to more or less.*

Water daily should equal ½ body weight in ounces with Rehydrate, if needed.

\*\*Drop in half once feeling better ~ continue 3-5 days \*\*

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