

# Cold and Flu with Echinacea

NATURAL HOMEOPATHICS



Item# VH-CF  
2 Fl. Oz

**Product Indication:** For the relief of fever, chills, achiness, nausea, fatigue, headaches, congestion, coughs, and sneezing.

**Ingredients:** HPUS; Anas Barbariae Hepatis Et Cordis Extractum 50C, 100C, 200C. *Equal volumes of 10X, 30X, 100X for:* Arsenicum Album, Baptisia Tinctoria, Bryonia Alba, Dulcamara, Echinacea Angustifolia, Echinacea Purpurea, Eupatorium Perfoliatum, Ferrum Phosphoricum, Gelsemium Sempervirens, Kali Muriaticum, Phosphorus, Pulsatilla, Sulphur, Zincum Aceticum, Zincum Carbonicum, Zincum Metallicum, Zincum Muriaticum, Zincum Oxydatum, Zincum Picricum, Zincum Valerianicum.

## **Anas Barbariae Hepatis et Cordis Extractum**

- Fever, chills and body aches

## **Arsenicum Album 10X, 30X, 100X**

- Great exhaustion after the slightest exertion
- Thin, watery, excoriating discharge from nose
- Cannot bear the sight or smell of food

## **Baptisia Tinctoria 10X, 30X, 100X**

- Constriction, contraction of esophagus
- No appetite

## **Bryonia Alba 10X, 30X, 100X**

- Headache; worse on motion, even of eyeballs
- Tough mucous in larynx and trachea

## **Dulcamara 10X, 30X, 100X**

- Congestive headache, with neuralgia and dry nose

## **Echinacea Angustifolia 10X, 30X, 100X**

- Chilliness with nausea
- Cold flashes
- Aching in limbs

## **Echinacea Purpurea 10X, 30X, 100X**

- Chilliness with nausea
- Cold flashes
- Aching in limbs

## **Eupatorium Perfoliatum 10X, 30X, 100X**

- Aching in bones
- Hoarseness and cough with soreness in chest

## **Ferrum Phosphoricum 10X, 30X, 100X**

- Congestion of lungs
- Hard, dry cough with sore chest

**Gelsemium Sempervirens 10X, 30X, 100X**

- Heaviness of head
- Sneezing
- Eyelids heavy

**Kali Muriaticum 10X, 30X, 100X**

- Mucus white and hard to cough up
- Cough short, acute and spasmodic, like whooping-cough

**Phosphorus 10X, 30X, 100X**

- Heavy, crushing headache
- Lips dry, cracked

**Pulsatilla 10X, 30X, 100X**

- Mucus membranes affected
- Discharge thick, bland and yellowish green

**Sulphur 10X, 30X, 100X**

- Frequent flashes of heat
- Much rattling of mucus
- Chest feels heavy

**Zincum Aceticum 10X, 30X, 100X**

- Night watching and erysipelas

**Zincum Carbonicum 10X, 30X, 100X**

- Post-gonorrhoeal throat affections, tonsils swollen, blueish superficial spots

**Zincum Metallicum 10X, 30X, 100X**

- Throat dry and painful
- Constant hawking of tenacious mucus

**Zincum Muriaticum 10X, 30X, 100X**

- Cold and sweaty

**Zincum Oxydatum 10X, 30X, 100X**

- Watery stools with tenses
- Nausea

**Zincum Picricum 10X, 30X, 100X**

- Loss of memory and energy

**Zincum Valerianicum 10X, 30X, 100X**

- Violent neuralgia with great nervous agitation

**Dosage:** For adults and children 12 or more years of age, 2 to 3 sprays orally, three times daily.  
If pregnant or nursing, consult a physician prior to use.