


	<p><b>WATER, WATER, WATER</b>  <b>Price Range:</b> \$ FREE and up</p> <p><b><u>Available At:</u></b>  EVERYWHERE</p> <p><b><u>The following amounts are <i>estimated</i> recommendations from the Institute of Medicine for healthy individuals without conflicting medical conditions:</u></b>  Men 3.0 liters (101 ounces) = approx. 6 -(16 oz) bottles of water / day  Women 2.2 liters (74 ounces) = approx. 4 -(16 oz) bottles of water / day  <a href="http://WWW.MAYOCLINIC.COM/HEALTH/WATER/NU00283">WWW.MAYOCLINIC.COM/HEALTH/WATER/NU00283</a></p>
	<p><b>GRETHER'S BLACKCURRANT PASTILLES (SUGARFREE):</b>  <b>Oral demulcent containing glycerin; soft lozenges</b>  <b>Price Range:</b> \$7.79 and up</p> <p><b><u>Available Online Only:</u></b>  <a href="http://www.amazon.com">www.amazon.com</a>  <a href="http://www.smallflower.com/product/10040">http://www.smallflower.com/product/10040</a>  <a href="http://www.shop/pastillesforless.com">www.shop/pastillesforless.com</a>  <b>GOOGLE to find additional suppliers</b></p>
	<p><b>HALLS BREEZER (NON-MENTHOLATED &amp; SUGARFREE)</b>  <b>Oral demulcent containing pectin; hard lozenges</b>  <b>Price Range:</b> \$2.29 and up</p> <p><b><u>Available At:</u></b>  HEB; WALMART; WALGREEN'S</p> <p><b><u>Receive coupons at:</u></b>  <a href="http://www.gethalls.com/signup.aspx">http://www.gethalls.com/signup.aspx</a></p>
	<p><b>ENTERTAINER'S SECRET THROAT RELIEF:</b>  <b>Oral demulcent containing glycerin; fine mist spray</b>  <b>Price Range:</b> \$5.99 and up</p> <p><b><u>Available By Telephone At:</u></b>  1-800-308-7452 - KLI Corp. Carmel, IN 46032</p> <p><b><u>Online At:</u></b>  <a href="http://www.amazon.com">www.amazon.com</a>  <a href="http://entertainerssecret.com/">http://entertainerssecret.com/</a>  <b>GOOGLE to find additional suppliers</b></p>
	<p><b>OASIS MOUTH MOISTURIZING SPRAY:</b>  <b>Oral demulcent containing glycerin; pump spray</b>  <b>Price Range:</b> \$6.99 and up</p> <p><b><u>Available At:</u></b>  WALGREEN'S STORES</p> <p><b><u>Online At:</u></b>  <a href="http://www.walgreens.com">www.walgreens.com</a>  <b>GOOGLE to find additional suppliers</b></p>



**PERSONAL STEAM INHALER:**  
**WALGREEN’S PERSONAL STEAM INHALER**  
**VICKS PERSONAL STEAM INHALER**  
**BEYOND BELIEF SKIN RENEWAL PORTABLE FACIAL STEAMER**  
 Price Range: \$9.99 and up

**Available At:**  
 WALGREENS; CVS; SALLY’S BEAUTY SUPPLY, TARGET, WALMART

**Online At:**  
[www.amazon.com](http://www.amazon.com)  
 GOOGLE to find additional carriers of these and similar products



**ROOM VAPORIZER:**  
**VICKS WARM STEAM VAPORIZER**  
**SUNBEAM HEALTH WARM STEAM VAPORIZER**  
 Price Range: \$17.64 and up

**Available At:**  
 WALMART STORES; WALGREEN’S STORES; SEAR’S

**Online At:**  
[www.amazon.com](http://www.amazon.com)  
 GOOGLE to find additional carriers of these and similar products



**SINUS IRRIGATION RINSE:**  
**NEILMED NASAFLO NETI POT, 8 OZ**  
**NEILMED SINUS RINSE KIT WITH BOTTLE**  
 Price Range: \$11.49 and up

**Available At:**  
 WALMART STORES; WALGREEN’S STORES; HEB; CVS

**Online At:**  
[www.amazon.com](http://www.amazon.com)  
 GOOGLE to find additional carriers of these and similar products

**SINUS IRRIGATION RINSE RECIPE:**  
 6 OZ WARM WATER  
 ½ TEASPOON OF SALT  
 ½ TEASPOON OF BAKING SODA



**MUCINEX (EXPECTORANT ONLY)**  
**Available At:**  
 WALMART STORES; WALGREEN’S STORES; HEB; CVS  
**Active Ingredients**  
 Guaifenesin – Expectorant; Available in 400mg, 600mg or 1200 mg doses