



## Name Red Sage & Echinacea Gargle

### Drops

Code	Size	Duration
M15-50	50ml	2-4 weeks
M15-100	100ml	4-8 weeks

### Area concerned

Throat

### Ingredients

(Fluid extracts except where stated) 22.5% Red Sage, 22.5% Tormentil, 22.5% Echinacea, 22.5% Thyme, 9.5% Licorice, 0.5% Tea Tree essential oil.

### Description

A soothing gargle to use when desiring to support the throat area. *Echinacea Compound Capsules* or *Lym Capsules* can be used to support this formula.

### Standard use

Gargle 3-6 times daily with 20 drops - 1 teaspoon in about a quarter of a glass or mug of warm water. After gargling with a mouthful of the mixture spit out and repeat until finished.

### How long to take it for

Use for several weeks until you feel the need for support has passed.

### Cautions

None.

### Companion Products

90-day Immune Programme; Cat's Claw Capsules or Drops; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

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