

SOOTHE YOURSELF

prairie**naturals**®

citrus soother cold & flu

Citrus Soother's Healing Energy Inspired by a Family Tradition

When Holistic Pharmacist RoseMarie Pierce, BSc. Pharm., began to research and formulate a natural prescription for colds and flu, the first thing she thought of was the hot honey and lemon drinks she's been making for her own family for more than 20 years. And long before that, RoseMarie's mother was making a similar "tonic" for RoseMarie and her two brothers growing up in Halifax, Nova Scotia. Natural healing practices were a way of life for RoseMarie. So it's only natural that she would grow up to become Canada's first Holistic Pharmacist! RoseMarie has updated and fortified the original family recipe - making it even more effective while keeping the great taste.

RoseMarie Pierce earned her degree in Pharmacy from Dalhousie University and after extensive studies in herbal medicine she became Canada's first Holistic Pharmacist. RoseMarie is a senior company spokesperson, educator and product formulator for Prairie Naturals.



RELIEVE
CLEAR
BREATHE

Provides warming relief of cold and flu symptoms including:

- Nasal & chest congestion
- Body aches & headache
- Runny nose & sneezing
- Feeling tired & run-down
- Chills and fever



Helps with temporary relief from:

- Blocked eustachian tubes during flying
- Breathing problems due to cold & flu
- Symptoms of allergies & hay fever
- Nasal congestion & sinusitis
- Sinus pressure and headaches

Available in: 150g Jug/Box of 30 individual packets of 10g
For optimal freshness, refrigerate after opening

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IMMUNE
BOOSTING
DRINK



Your Natural Prescription for Cold and Flu

Citrus Soother Cold & Flu

When it comes to fighting colds and flu, nothing has a more soothing and protective effect than a hot lemon, honey and ginger drink. Add the therapeutic healing power of Vitamins C & D, along with immuneboosting zinc, elderberry, lemon balm, and Echinacea root. Now you have Citrus Soother - a delicious, instant natural cold and flu remedy formulated by RoseMarie Pierce, B.Sc. Pharm.

RoseMarie Pierce, B.Sc. Pharm.



Tradition Blended with Science



Vitamin C (Calcium Ascorbate)	500mg
Vitamin D (Vitamin D3, Cholecalciferol) ...	25.0 mcg (1000 IU)
Lemon Balm, 10:1 Extr. (<i>Melissa officinalis</i> L.)	300 mg
equivalent to 3000 mg of Lemon Balm herb	
Ginger, Root 4:1 Extract (<i>Zingiber officinale</i>)	187.5 mg
equivalent to 750 mg of Ginger root	
Elderberry, fruit 15: 1 Extract (<i>Sambucus nigra</i>)	100 mg
equivalent to 3000 mg of Elderberry fruit	
Echinacea, Root 10:1 Extract (<i>Echinacea purpurea</i>)	90 mg
equivalent to 900 mg of Echinacea Root	
Zinc (Zinc Citrate)	5 mg

Medical and nutritional researchers are discovering the scientific foundation for many traditional therapies. They are also learning about the therapeutic benefits of vitamins, minerals and herbs. Citrus Soother combines the best of tradition and science to create a unique tonic that protects against colds and flu, while reducing congestion and soothing irritated and inflamed mucous membranes and sore throats. Citrus Soother is made with the highest quality ingredients including:

NATURAL HONEY

From Egyptian pharaohs to Queen Bees, everyone loves honey! It's not only sweet and yummy; honey contains anti-inflammatory and antibacterial agents that are effective against bacterial strains including those that have become resistant to synthetic antibiotics. Even the world-famous Mayo Clinic believes in the power of honey, calling it a "time-honoured way to soothe a sore, irritated throat; an effective cough suppressant... to reduce night-time coughing and improve sleep."

LEMON JUICE CONCENTRATE

As one of the most popular members of the citrus family, lemons have been revered in many traditional cultures as a medicinal tonic imbued with wonderful, alkalizing healing powers. Lemons are naturally high in vitamin C, citrus bioflavonoids and potassium. Lemon juice is not only a powerful antioxidant; it is also recognized for its antiseptic and antibacterial properties. Its excellent cleansing action supports lemon's traditional use in battling colds, flu, fevers and infections that develop in the chest. Lemon juice's anti-inflammatory qualities soothe sore throats and irritated membranes.

ECHINACEA

This lovely cone-shaped, purple flower is one of the all-time most studied herbal medicines. Citrus Soother contains a 10:1 standardized extract of Echinacea purpurea root. As one of the most scientifically documented antiviral remedies, Echinacea works best when taken frequently at the first sign of infection. Studies have shown it reduces the severity and duration of cold symptoms while speeding recovery.

ELDERBERRY

Ask any European about elderberry and they will probably begin to regale you with a wide range of enchanting stories about the power of this beautiful berry. European black elderberry (*Sambucus nigra*) juice extract is known to disarm viruses & prevent them from invading healthy cells. Most recently, the effectiveness of elderberry to prevent colds and flu is on the radar. Scientists postulate that flavonoid antioxidants in elderberry extract stimulate the immune system while anthocyanidins, another kind of antioxidant, have anti-inflammatory effects that keep aches, pains, and fever in check.

GINGER

A warming herb, ginger can stimulate circulation and heat up a chilled body. Ginger not only adds a spicy kick to everything from stir-fry veggies to ginger snaps; it's a concentrated source of various medicinal compounds that have been shown to successfully treat common colds, fever and more. Studies show that this pungent root is the ideal cold fighter because of its remarkable sleep-inducing, analgesic (pain-relieving), anti-tussive (cough suppressive), and antipyretic (fever-reducing) properties.

LEMON BALM

Lemon balm (*Melissa officinalis*) extract is proving to be one of the most promising herbal medicines of this decade. A study recently published in The Journal of Food Microbiology refers to lemon balm as having "effective antimicrobial activity." Another study, published in Phytomedicine concluded that lemon balm has antiviral effect on herpes (cold sores). Fighting colds is only one of the great things about lemon balm. Soothing anxiety and promoting a calming sleep is the more traditional use for this lovely mint-like plant that tastes just like lemon.

VITAMINS C, D AND ZINC

Recent research into the benefits of Vitamin D, the "sunshine vitamin", has proven it to be the single most important daily supplement required by people of all ages. The synergistic effect when combined with Vitamin C and zinc ensures greater natural resistance to colds and flu.