

HERB	ACTIONS & USAGE	FORM & SUGGESTED DOSE	PRECAUTIONS
Echinacea Root (<i>Echinacea spp.</i>)	Immune stimulant, anti-viral, anti-bacterial, anti-fungal, lymphatic, anti-inflammatory. Useful for the common cold, other viral and bacterial infections, sore throat, swollen gland and fever.	Tea - Simmered: ½ - 1 tsp/cup 1-4x/day. Liquid Extract: 10-120 drops 1-4x/day.	Pregnancy and possible auto-immune disorders.
Elder Berry (<i>Sambucus nigra</i>)	Immune Stimulant, anti-viral, expectorant, diaphoretic (promotes sweating), anti-catarrhal (reduces mucous). Useful as a preventive during cold and flu season. Use for colds, flu, respiratory congestion.	Tea – Simmered: 1-2 tsp/cup, 1-4x/day. Liquid Extract or Syrup, 1-2 tsp up to 4x/day. Less if used as a preventive.	Unripe berries can cause nausea, vomiting, diarrhea.
Garlic (<i>Allium sativum</i>)	Anti-bacterial, anti-fungal, anti-parasitic and diaphoretic. Used for infectious conditions, especially of the respiratory and digestive tract. Enhances the effects of antibiotics.	Up to three fresh cloves per day. Liquid Extract: 30-60 drops 1-4x/day.	May cause digestive discomfort in some individuals. Anticoagulant drugs. Some diabetes drugs.
Thyme Leaf or Essential Oil (<i>Thymus vulgaris</i>)	Anti-bacterial, anti-fungal, bronchodilator, expectorant, mucolytic and anti-catarrhal (reduces and thins mucous), carminative and antispasmodic. Helpful for colds and flu with coughing and lots of mucous	Dried Leaf – Tea – Steeped: 1 tsp/cup, 1-4x per/day. Dried Leaf - Liquid Extract: 10-30 drops 1-4x/day. Essential oil properly diluted as a chest rub or as a steam inhalation.	Pregnancy.