



# MEDICINE CABINET ESSENTIALS

Supplements, Natural Remedies,  
and Tools for Everyday Health



**INDEPENDENT**  
MEDICAL ALLIANCE



# Medicine Cabinet Essentials

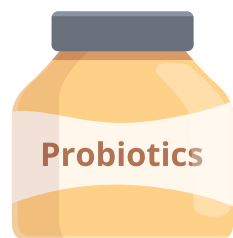
Item	Use/Benefit
<b>Probiotics</b>	Support gut health by promoting a balanced microbiome, enhancing overall immune resilience
<b>Vitamin D</b>	Boosts immune cell activity, particularly macrophages and T-cells, while helping reduce inflammation.
<b>Vitamin C</b>	Supports white blood cell production and function, aiding tissue repair and recovery
<b>Zinc Lozenges</b>	Helps reduce the duration and severity of colds by inhibiting viral replication.
<b>Cod Liver Oil</b>	Provides omega-3 fatty acids and vitamin D for anti-inflammatory and immune-regulating effects.
<b>Elderberry</b>	Contains antiviral properties to reduce the duration of colds and flu symptoms.
<b>Bee Propolis</b>	Antimicrobial and antiviral properties boost immune defenses.



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Item	Use/Benefit
<b>Astragalus</b>	Adaptogenic herb that enhances immune resilience and helps fend off viral infections.
<b>Mushroom Complex</b>	Includes reishi, shiitake, or lion's mane for immune-modulating effects and NK cell activation.
<b>Thyme and Eucalyptus Oil</b>	Used in steam inhalation to clear congestion and support respiratory health.
<b>Nebulizer</b>	Delivers inhalable solutions directly to the lungs for respiratory relief and immune support.
<b>Neti Pot</b>	Flushes allergens and mucus from nasal passages, reducing congestion and preventing infections.
<b>Humidifier</b>	Adds moisture to the air, soothing dry nasal passages and maintaining mucosal integrity.
<b>Windbreaker</b>	A traditional Chinese herbal formula that strengthens the immune system and relieves respiratory symptoms.
<b>Oscillococcinum</b>	A homeopathic remedy used to reduce flu-like symptoms such as body aches, chills, and fatigue.

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**Probiotics**



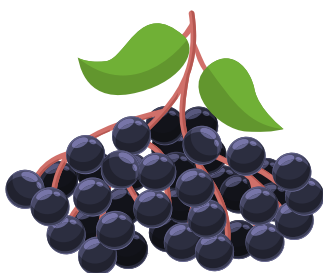
**Vitamins D & C**



**Zinc Lozenges**



**Cod Liver Oil**



**Elderberry**



**Bee Propolis**



**Astragalus**



**Mushroom Complex**



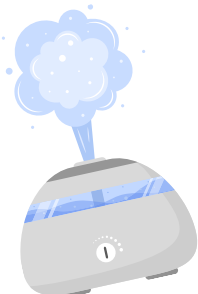
**Eucalyptus & Thyme Essential Oils**



**Nebulizer**



**Neti Pot**



**Humidifier**



**Windbreaker**



**Oscillococcinum**



Learn more and find resources

**IMAhealth.org**



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