

## Anti-Flu Recipe

### For all adults (including pregnant women)

Elderberry Syrup: 2 teaspoons a day (Brand names Sambucol or Sambuguard)  
Vitamin D3: 4000 IU per day  
Vitamin C: 1000 MG per day

### For Children

Elderberry Syrup: 2 teaspoons a day  
Vitamin D3: 2000 IU per day  
Vitamin C: 500 MG per day (divided doses)

Vitamin D3: Rainbow light brand has a chewable lemon flavored gummy  
[www.iherb.com](http://www.iherb.com) or [www.luckyvitamin.com](http://www.luckyvitamin.com) or  
liquid available at [emersonecologics.com](http://emersonecologics.com) 1000 IU per drop VD122 is the item code  
[www.emersonecologics.com](http://www.emersonecologics.com) has black extract also has suckable/chewable lozenges code samb6

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