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 or www.luckyvitamin.com or
  liquid available at emersonecologics.com 1000 IU per drop VD122 is the item code
  www.emersonecologics.com has black extract also has suckable/chewable lozenges code samb6