**WATER, WATER, WATER**  
Price Range: $ FREE and up

**Available At:**  
EVERYWHERE

The following amounts are estimated recommendations from the Institute of Medicine for healthy individuals without conflicting medical conditions:

- Men 3.0 liters (101 ounces) = approx. 6 - (16 oz) bottles of water / day
- Women 2.2 liters (74 ounces) = approx. 4 - (16 oz) bottles of water / day

WWW.MAYOCLINIC.COM/HEALTH/WATER/N00283

**GREther’S BLACKCURRANT PASTILLES (SUGARFREE):**  
Oral demulcent containing glycerin; soft lozenges  
Price Range: $7.79 and up

**Available Online Only:**  
www.amazon.com  
http://www.smallflower.com/product/10040  
www.shop/pastillesforless.com  
GOOGLE to find additional suppliers

**HALLS BREEZER (NON-MENTHOLATED & SUGARFREE)**  
Oral demulcent containing pectin; hard lozenges  
Price Range: $2.29 and up

**Available At:**  
HEB; WALMART; WALGREEN’S

**Receive coupons at:**  

**ENTERTAINER’S SECRET THROAT RELIEF:**  
Oral demulcent containing glycerin; fine mist spray  
Price Range: $5.99 and up

**Available By Telephone At:**  
1-800-308-7452 - KLI Corp. Carmel, IN 46032  
**Online At:**  
www.amazon.com  
http://entertainerssecret.com/  
GOOGLE to find additional suppliers

**OASIS MOUTH MOISTURIZING SPRAY:**  
Oral demulcent containing glycerin; pump spray  
Price Range: $6.99 and up

**Available At:**  
WALGREEN’S STORES

**Online At:**  
www.walgreens.com  
GOOGLE to find additional suppliers
### Helpful Tools for Mucous Management

| **PERSONAL STEAM INHALER:** | **WALGREEN’S PERSONALSteam Inhaler**  
**VICKS PERSONAL STEAM INHALER**  
**BEYOND BELIEF SKIN RENEWAL PORTABLE FACIAL STEAMER**  
Price Range: $9.99 and up |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Available At:</strong></td>
<td>WALGREENS; CVS; SALLY’S BEAUTY SUPPLY, TARGET, WALMART</td>
</tr>
</tbody>
</table>
| **Online At:** | www.amazon.com  
GOOGLE to find additional carriers of these and similar products |

| **ROOM VAPORIZER:** | **VICKS WARM STEAM VAPORIZER**  
**SUNBEAM HEALTH WARM STEAM VAPORIZER**  
Price Range: $17.64 and up |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Available At:</strong></td>
<td>WALMART STORES; WALGREEN’S STORES; SEAR’S</td>
</tr>
</tbody>
</table>
| **Online At:** | www.amazon.com  
GOOGLE to find additional carriers of these and similar products |

| **SINUS IRRIGATION RINSE:** | **NEILMED NASAFLO NETI POT, 8 OZ**  
**NEILMED SINUS RINSE KIT WITH BOTTLE**  
Price Range: $11.49 and up |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Available At:</strong></td>
<td>WALMART STORES; WALGREEN’S STORES; HEB; CVS</td>
</tr>
</tbody>
</table>
| **Online At:** | www.amazon.com  
GOOGLE to find additional carriers of these and similar products |

<table>
<thead>
<tr>
<th><strong>SINUS IRRIGATION RINSE RECIPE:</strong></th>
</tr>
</thead>
</table>
| 6 OZ WARM WATER  
½ TEASPOON OF SALT  
½ TEASPOON OF BAKING SODA |

<table>
<thead>
<tr>
<th><strong>MUCINEX (EXPECTORANT ONLY)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Available At:</strong></td>
</tr>
<tr>
<td><strong>Active Ingredients</strong></td>
</tr>
<tr>
<td>Guaifenesin – Expectorant; Available in 400mg, 600mg or 1200 mg doses</td>
</tr>
</tbody>
</table>