### 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


### GREThER’S BLACKCURRANT PASTILLES (SUGARFREE):

Oral demulcent containing glycerin; soft lozenges

**Prince Range:** $7.79 and up

**Available Online Only:**
- [www.amazon.com](http://www.amazon.com)
- [www.shop/pastillesforless.com](http://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://www.amazon.com)
- [http://entertainerssecret.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 |
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| **personal steam inhaler:**  
Walgreen’s Personal Steam Inhaler  
Vicks Personal Steam Inhaler  
Beyond Belief Skin Renewal Portable Facial Steamer  
Price Range: $9.99 and up  

**Available At:**  
WALGREENS; CVS; SALLY’S BEAUTY SUPPLY, TARGET, WALMART  

**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  

**Available At:**  
WALMART STORES; WALGREEN’S STORES; SEAR’S  

**Online At:**  
www.amazon.com  
GOOGLE to find additional carriers of these and similar products |
### SINUS IRRIGATION RINSE:
**NeilMed NasaFlo Neti Pot, 8 oz**

1. NeilMed Sinus Rinse Kit with Bottle
   - Price Range: $11.49 and up

**Available At:**
- WALMART STORES; WALGREEN’S STORES; HEB; CVS

**Online At:**
- [www.amazon.com](http://www.amazon.com)

**Google** to find additional carriers of these and similar products

**Sinus Irrigation Rinse Recipe:**
- 6 oz warm water
- ½ teaspoon of salt
- ½ teaspoon of baking soda

### Mucinex (Expectorant only)
**Available At:**
- WALMART STORES; WALGREEN’S STORES; HEB; CVS

**Active Ingredients**
- Guaifenesin – Expectorant; Available in 400mg, 600mg or 1200 mg doses