



## LemoCalm Cold and Flu Relief Powder for Oral Solution

### Uses

For relief of the symptoms of colds and influenza, including the relief of aches and pains, sore throat, headache, nasal congestion and lowering of temperature.

### Dosage

Adults and the elderly: 1 sachet dissolved by stirring in hot water, but not boiling water and sweetened to taste. No more than 4 sachets to be taken in 24 hours. The dose may be repeated in 4-6 hours. Children: not recommended except on medical advice.

### Format and Ingredients