



Vanessa Hendley  
280A Elizabeth Kay Lane  
Lewisburg, WV 24901

Phone: 304.549.3373  
E-Mail: [vhendley@nessiji.com](mailto:vhendley@nessiji.com)

## immune support

### chest cold (lung congestion)

#### Primary Support:

Biotics Pneuma-Zyme: 2-4 capsules 2-4 times daily

or Biotics BioImmunozyne: 2-4 capsules 2-4 times daily

or Biotics ADP: 2-4 tablets 2-4 times daily

or Biotics Neutrophil Plus: 2-4 capsules 2-4 times daily

#### Secondary Support:

Biotics IAG: 1 teaspoon mixed in water 2-4 times daily

### colds and flu

#### Primary Support:

Biotics Neutrophil Plus: 2-4 capsules 2-4 times daily

Biotics BioImmunozyne: 1-4 capsules 1-2 times daily

#### Secondary Support:

Biotics ADP: 2-4 tablets 1-4 times daily (also, suck on ½ a tablet like a lozenge, if you can tolerate the spiciness)

Biotics IAG: 1 teaspoon mixed in water 2-4 times daily

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief

## herpes simplex I & II, shingles, or chicken pox active outbreak

### Primary Support:

Biotics Ultra Vir-X: 2-4 capsules 2-4 times daily

Apex Omega Co3: 1 tablespoon 2-4 times daily

Biotics Ca/Mg Zyme: 2-6 tablets 2-4 times daily between meals

Biotics L-lysine HDL: 2-4 capsules 1-4 times daily

### Secondary Support:

Biotics Bio Ae Mulsion Forte: 1 drop 2-4 times daily

Biotics BioImmunozyne: 1-4 capsules 1-2 times daily

Biotics Argizyme: 1-2 capsules 2-4 times daily

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief

## herpes simplex I & II, or shingles dormant

### Primary Support:

Biotics BioImmunozyne: 1-4 capsules 1-2 times daily

Apex Omega Co3: 1 tablespoon 2-4 times daily

Biotics Ca/Mg Zyme: 2-6 tablets 2-4 times daily between meals

### Secondary Support:

Biotics L-lysine HDL: 1-2 capsules 1-2 times daily

Biotics Argizyme: 1-2 capsules 2-4 times daily

Biotics Ultra Vir-X: 1-2 capsules 1-2 times daily

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief

## sinus congestion

### Primary Support:

Biotics Neutrophil Plus: 2-5 capsules 2-4 times daily

Biotics Intenzyme Forte: 4-10 tablets 2-4 times daily

### Secondary Support:

Biotics ADP: 2-4 tablets 1-4 times daily (also, suck on ½ a tablet like a lozenge, if you can tolerate the spiciness)

Biotics Beta Plus: 1-3 tablets 1-3 times daily

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief

## sore throat

### Primary Support:

Biotics Neutrophil Plus: 2-5 capsules 2-4 times daily

or Biotics ADP: 2-4 tablets 1-4 times daily (also, suck on ½ a tablet like a lozenge, if you can tolerate the spiciness ... or you can crush the tablet, mix in water and gargle)

### Secondary Support:

Biotics IAG: 1 teaspoon mixed in water 2-4 times daily

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief

## swollen lymph glands

### Primary Support:

Biotics ADP: 2-4 tablets 1-4 times daily (also, suck on ½ a tablet like a lozenge, if you can tolerate the spiciness ... or you can crush the tablet, mix in water and gargle)

Biotics Bio Ae Mulsion Forte: 1 drop 2-4 times daily

Biotics BioImmunozyne: 1-4 capsules 1-2 times daily

Biotics BioAllay: 4 capsules 3-4 times a day for pain relief

## sneeze-ease tea

### Ingredients:

3" piece of ginger, coarsely chopped

1 large clove of garlic, coarsely chopped

10 whole clove buds

3 cups filtered water

organic lemon juice

(optional – Manuka Medical Grade Honey to taste, honey is decongestant and cough suppressant.)

### Directions:

Put the spices and water into a pot and boil for 20 minutes.

Let the tea sit for 5 minutes to steep and cool.

Pour ¼ cup organic lemon juice into a mug, using a strainer fill the rest of the mug with spice tea.

## immune support tea for bacterial infections

### Ingredients:

3" piece of ginger root, coarsely chopped (or one Tablespoon dried ginger root)

3" piece of turmeric, coarsely chopped (or one Tablespoon dried ginger root)

2 Tablespoons dried elderberries

1 Tablespoon cinnamon chips

1 Tablespoon clove buds

6 cups filtered water

(optional – Manuka Medical Grade Honey to taste, honey is decongestant and cough suppressant.)

### Directions:

Put the spices and water into a pot and boil for 30 minutes.

Let the tea sit for 5-15 minutes to steep and cool.

Strain, stir in honey to taste.

## rosemary gladstar's congesta-T

### Ingredients:

1 part comfrey leaf

1 part mullein

1 part coltsfoot

1 part eucalyptus leaf

2 parts peppermint

1/4 part lobelia

1/4 part ginger

pinch of cayenne

(optional – Manuka Medical Grade Honey to taste, honey is decongestant and cough suppressant.)

### Directions:

Use one teaspoon of the above mix per one cup boiling water.

Let the tea sit for 10-15 minutes to steep and cool.

Strain, stir in honey to taste.