



Helps reduce the frequency of children's cold. Supports healthy immune defences of children aged 2+.

KEY BENEFITS

Supports the immune defences of children aged 2+ with:

- ✓ Astragalus to help stimulate healthy immune responses
- ✓ Zinc, which has been shown to help reduce the frequency of children's colds

PRODUCT FEATURES

- ✓ Sugar-free
- ✓ Natural blackcurrant flavour
- ✓ Plus elderberry and Chinese herbs

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Mineral supplements should not replace a balanced diet.

ACTIVE INGREDIENTS

Each 2.5mL contains dry extracts:

Astragalus (*Astragalus membranaceus*) root 54.3mg, min dry equiv. 814.5mg std. to polysaccharides 38mg

White atractylodes (*Atractylodes macrocephala*) root 54.3mg dry equiv. 271.5mg

Fang feng (*Saposhnikovia divaricata*) root 54.3mg, dry equiv. 271.5mg

Plus fresh juice:

Elderberry (*Sambucus nigra*) fruit 47.38mg, fresh equiv. 569mg

Plus:

Zinc gluconate 5.7mg equiv. to zinc 0.8mg

Contains purified water, dl-alpha tocopheryl acetate, citric acid, glycerol, xanthan gum, *Stevia rebaudiana*, potassium sorbate, maltodextrin and blackcurrant flavour (naturally derived).

Blended in Australia. Suitable for vegetarians. Contains potassium.

NO ADDED sugar, gluten, nuts, or dairy products.

DOSAGE

Children:

2-5 years: 2.5 - 5mL once or twice daily

6 - 9 years: 5 - 7.5mL once or twice daily

10 - 12 years: 7.5 - 10mL once or twice daily

Serving suggestion: Mix each dose in 50mL of water or juice and consume immediately.

Best taken with food. Shake well before use.

At the first sign of cold symptoms, consider Fusion Kids' Cold & Flu Fighter.

CAUTIONS/CONTRAINDICATIONS

- Avoid in acute infections and/or fever.
- Consult a health care practitioner prior to use if you have an auto-immune disorder.

BACKGROUND INFORMATION

MILD INFECTIONS

The common cold is the most frequent acute illness in the Western world. About half of us get 1 cold per year, however some children may have 5-10 colds every year. Recurrent upper respiratory tract infections in children, such as the common cold can have a significant effect on a family's quality of life.

TRADITIONAL CHINESE MEDICINE AND IMMUNITY

In TCM the protective *Qi*, an invisible but extremely powerful form of vital energy, rules the body's first level of protection against disease caused by external pathogens. Recurrent common cold and flu symptoms are an indication of deficient protective *Qi*. According to TCM theory, acute infections such as common colds and flu are caused by 'external wind pathogens' (which can be likened to cold viruses) entering through the outer layers of our body. These areas include the nasal cavity, upper respiratory tract and lungs, which is where the symptoms primarily manifest. If these pathogens reach the interior organs and meridians, they begin to deplete vital energy until they are cleared.

According to TCM theory, children's defensive *Qi* is still developing, making it easier for external pathogenic factors to break through this exterior barrier and affect the Lungs.

HERBS AND NUTRIENTS FOR RESISTING INFECTIONS

The three Chinese herbs used in this formula are based on a TCM formula called Jade Windscreen Powder. This formula uses Astragalus to support the protective *Qi* at the exterior and enhance the body's immune defences.

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Fusion Health, 54/1 Porter St.,
Byron Bay, NSW 2481 Australia
Ph: 1800 550 103

Atractylodes strengthens the Spleen (Spleen is traditionally seen to transform the essence of food and liquid and send it upward to the Heart and Lung) and augments *Qi*. It reinforces the actions of the chief herb Astragalus and strengthens the Lung.

Saposhnikovia dispels exterior wind cold. The use of these herbs in TCM is understood to prevent external pathogens from being trapped in the body and causing harm.



Astragalus is used in TCM to reduce the occurrence of common cold, enhance immunity, support vitality, relieve fatigue, support general wellbeing and tonify *Qi*.



Atractylodes is used in TCM to tonify the spleen to address loss of appetite.



Saposhnikovia is used in TCM to release exterior wind-cold (according to TCM theory, wind is the main factor involved in the development of minor infections).

With zinc to provide additional immune support.



COMPANION PRODUCTS

Kids Probiotic Advanced - Supports healthy immune and digestive function.



Kids Cough Fighter - With inula traditionally used in WHM to reduce cough in children.