

QUICK REFERENCE SHEET

FC

(Formerly Flu Combination)

Bayberry, Cayenne, Cloves, Ginger, Licorice Root,
Oregon Grape, White Pine



1.00 Licorice Root
1.00 White Pine
0.50 Bayberry
0.50 Cayenne
0.50 Cloves
0.50 Ginger
0.50 Oregon Grape

Total Herbs 4.5 oz
Tincture Ratio - 1:8

This is a good general formula for flu, whether the bug is affecting the stomach or the lungs. If the lungs are being affected, consider LCON and PL for use with this formula.

If you prefer you can substitute Goldenseal or Myrrh for the Oregon Grape. They are more traditional, but I have had better success with Oregon Grape over many years