



## Recommendation from Alexa Aboudaram

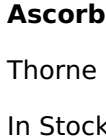


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Sunday, Nov 13th

### Attachments

- <https://us.fullscript.com/u/documents/163557>
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### Products

Items	Instructions	Price
 <p><b>Ascorbic Acid (60 capsules)</b> Thorne In Stock</p>	<p><b>Instructions from Alexa Aboudaram:</b> 1 once per day, ongoing</p>	<b>\$16.00</b>
 <p><b>American Ginseng 250mg (100 capsules)</b> Vital Nutrients In Stock</p>	<p><b>Instructions from Alexa Aboudaram:</b> 2 capsules once per day, for 2 months <b>Additional Instructions</b> minimum 8-16 weeks in healthy adults as a preventative measure</p>	<b>\$26.99</b>
 <p><b>Echinacea (1 Ounce)</b> Herb Pharm In Stock</p>	<p><b>Instructions from Alexa Aboudaram:</b> 1 dropperful three times per day, for 6 months <b>Additional Instructions</b> Prevention: 0.9 mL, three times per day (equivalent to 2400 mg of extract), minimum 4 months Acute: Up to 4.5 mL liquid extract (equivalent to 4000 mg), once per day at the first stage of cold development</p>	<b>\$16.99</b>

**Items**



**Zinc Lozenge 23mg (60 lozenges)**

DaVinci Labs

In Stock

**Instructions**

**Instructions from Alexa Aboudaram:**

3 lozenges once per day, for 1 week

**Additional Instructions**

within 24 hours of the onset of common cold symptoms, minimum 1 to 2 weeks cold

**Price**

**\$13.99**



**MegaSporeBiotic (60 capsules)**

Microbiome Labs

In Stock

**Instructions from Alexa Aboudaram:**

2 capsules once per day

**\$63.99**

**Liqua-D™ (0.44 Ounces)**

Apex Energetics, Inc

In Stock

**Instructions from Alexa Aboudaram:**

3 drops once per day

**Additional Instructions**

5 drops per day while symptoms last. 1 drop per day to continue.

**\$18.99**