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# Awesome Sauce

## A Natural Cough Syrup for Everyone

### WHAT IT IS:

- Professional grade extracts of elderberry and raspberry

### WHY YOU NEED IT:

- Important for patients with cold and flu symptoms
- Targets all types of cough
- All natural, great tasting
- Kid-friendly

### HOW IT HELPS:

The elder tree has long been cherished for its many gifts to humankind. Native Americans crafted both arrows and musical flutes from elder branches. During the Middle Ages, Europeans believed that an elder tree planted outside the home brought good luck and protection, and that is why there is still an elder tree on the grounds of the Westminster Abbey.

As far back as the 5<sup>th</sup> century, herbalists have used elderberries for their medicinal benefits including the relief of cold and flu symptoms such as cough, congestion, fever, sore throat, and headache. Today's scientists have clinically confirmed elderberry's effectiveness against flu viruses. In double-blind, placebo-controlled studies, patients given elderberry experienced significant reduction in symptoms and were all better four days faster than patients given the placebo.

By comparison, Big Pharma's best answer for the flu, Tamiflu, shortens the duration of the illness by only 12 hours compared to placebo.

Like elderberry, raspberry has been cherished for millennia for its many health benefits, including supporting patients with fever, sore throats, canker sores, Irritable Bowel Syndrome, and PMS-related symptoms.

Awesome Sauce contains extra-strength, scientific formulations of elderberry and raspberry extracts, and is then blended with honey and other natural preservatives. This great tasting remedy can be used by the whole family.

Every home's medicine chest should have a bottle of Awesome Sauce so you are good to go when someone's cold or flu starts with the very first sneeze or scratchy throat.

**Usual dosage:** Take 1-3 teaspoons every 2-4 hours as needed for cold and flu symptoms.