NAVIGATING
COLD & FLU SEASON
on Ideal Protein

Prevention is Key

- Hydrate – drink min. 64oz water daily.
- Add more water – until you are drinking 1/2 your body weight in ounces of water every day!
- Increase fluids: water, tea, clear broths. Use Ideal Protein water enhancers (Mangosteen, Lemon, Orange) to keep hydrated.

Medications & Remedies

- Beware of carbs and sugars
- Read labels of over the counter medications (OTC).
- Choose sugar-free or low in sugar OTCs
- Do You Know? 1 pack of EmergenC has 5g carbs and 4g sugar, and a cough drop has 3 or 4g carbs so popping 10+ a day will add 30g of carbs or more!
- Nyquil liquid has 19g of carbs per serving! That's more than most of your IP restricted items! (See our recommendations »)
- Rest! You've heard it before but getting enough rest and sleep every day will help in your recovery. When the body is sleeping it's healing!
- Wipe Surfaces
- Wash hands frequently, and wipe keyboards, door handles and phones daily.

TIP:

Compare labels of all brands and look for carbs and sugars hidden in the medications. Sugar free products you should still be limited to as few as possible every day.

Brands To Try

Theraflu Sugar Free Nighttime Severe Cold & Cough provides fast relief for cold/flu.

Hyland's DEFENSE Cough & Cold (sugar free, dye free, alcohol free).
Nyquil capsules – not liquid form!

Hall's Sugar Free Honey and Lemon (no aspartame!) While they are sugar free you should still limit them to as few as possible every day.

Tylenol, aspirin, and ibuprofen can also be helpful.

Sore Throat Relief – One of the simple solutions to relieving throat symptoms is by gargling saltwater solution. Simply mix 1/2 teaspoon of salt to a cup of water.