

# HELPFUL TOOLS FOR MUCOUS MANAGEMENT



## **WATER**

**Price:** FREE and up

**Available At:** Everywhere

The following amounts are estimated recommendations from the Institute of Medicine for healthy people without conflicting medical conditions:

Men: 3.0 liters (101 oz) = approx. 6 (16 oz) bottles of water per day

Women: 2.2 liters (74 oz) = approx. 4 (16 oz) bottles of water per day



## **ORAL DEMULCENT CONTAINING GLYCERIN; SOFT LOZENGES: Grether's Blackcurrant Pastilles (sugar-free), Lakerol, Rescue Pastilles**

**Price:** \$5 and up

**Available At:**

- All available at amazon.com
- Grether's available at Harbin Discount Pharmacy, smallflower.com or eislerchemist.com
- Lakerol available at World Market
- Rescue Pastilles available at Sprouts



## **ORAL DEMULCENT CONTAINING PECTIN; NON-MENTHOLATED HARD LOZENGES:**

**Halls Breezer, Luden's, Lifesavers**

**Price:** \$2.29 and up

**Available At:**

- CVS
- Wal-Mart
- Walgreen's

**Receive coupons at:** [gethalls.com/signup.aspx](http://gethalls.com/signup.aspx)



## **ORAL DEMULCENT CONTAINING GLYCERIN:**

**Entertainer's Secret Throat Relief, Oasis Mouth Moisturizing Spray**

**Price:** \$6.99 and up

**Available At:**

- amazon.com
- entertainersecret.com
- Walgreen's
- walgreens.com
- Search online to find additional suppliers



### PERSONAL STEAM INHALER:

Gurin Steam Inhaler, Vicks Personal Steam Inhaler; MyPurmist Steam Inhaler, Eutuxia Mini Portable Steamer

Price: \$15 and up

Available At:

- CVS
- Wal-Mart
- Walgreen's
- Target
- amazon.com
- Eutuxia available on amazon.com only
- Search online to find additional carriers of these and similar products



### ROOM VAPORIZER:

Vicks Warm Steam Vaporizer; Sunbeam Health Warm Steam Vaporizer

Price: \$14 and up

Available At:

- Wal-Mart
- Walgreen's
- amazon.com
- Search online to find additional carriers of these and similar products



### SINUS IRRIGATION RINSE:

Neilmed Nasaflo Neti Pot, 8 oz; Neilmed Sinus Rinse Kit with Bottle

Price: \$11.49 and up

Available At:

- CVS
- Wal-Mart
- Walgreen's
- amazon.com
- Search online to find additional carriers of these and similar products

Home Sinus Irrigation Rinse Recipe:

- 6 oz Warm Water
- ½ Teaspoon of Salt
- ½ Teaspoon of Baking Soda



### GUAIFENESIN (EXPECTORANT ONLY):

OHM Guaifenesin, Mucinex

Price: \$10 and up

Available At:

- CVS
- Wal-Mart
- Walgreen's

Active Ingredients:

Guaifenesin (expectorant); available in 600mg or 1200 mg doses. Take twice daily. If 600mg twice daily is not working, go up to 1200mg twice daily.

