



Flugon™ for natural cold and flu support

Each year, millions of people suffer from coughs and colds. Children suffer 6 per year resulting in 15 million out-patient visits per year.¹ The majority of colds are caused by viruses, yet antibiotics are prescribed in up to 50% of cases of common colds and bronchitis.² Over-the-counter cough and cold (OTCC&C) preparations are not effective in children or adults.³ Thousands of children suffer near-fatal overdoses every year from OTCC&Cs when dosed appropriately. Nearly every major ingredient has resulted in serious harm and death.⁴⁻⁶

In 2007 the FDA issued a warning against using OTCC&Cs in children under 2 years of age,⁷ and manufacturers of popular preparations have voluntarily removed pediatric formulations, effectively leaving little to no options for symptomatic treatment of respiratory tract illnesses.

Flugon™ by Aroma MD™ is a pediatrician developed organic blend of natural ingredients safe for infants, children and adults. Flugon™ supports the immune system and a healthy nose, throat and airway during viral and bacterial illnesses due to its unique synergy of gentle yet effective essential oils.* Flugon™ is free of dyes, sugar or alcohol.

CONDITION SPECIFIC SUPPORT AND MODIFICATION:

Healthy Immune Response:

Flugon™ promotes a healthy host immune response⁸ during viral, bacterial and fungal infections, such as MRSA, VRE and Herpes simplex virus.⁹⁻¹⁴ Flugon™

supports the body's anti-inflammatory¹⁵ and antioxidant activity.¹⁶

Promotes Healthy Cough Activity & Airway:

Cardamom and cedar essential oils promote healthy cough activity through modulation of muscarinic response to irritant stimulation.¹⁷ Thyme promotes respiratory relaxation.¹⁸

Supports Expectoration:

Flugon™ supports expectoration and mucolysis.^{19,20} Components of spike lavender were shown in a clinical trial to improve mucous clearance.²¹

Recuperation:

Flugon™ supports healthy modulation of sympathetic nervous activity²² and promotes daytime rest.²³

Aromatherapy is a natural healing method which has been used for 5,000 years. Recently, interest in medical aromatherapy has grown tremendously among both patients and practitioners. Until now, it has been hard to find authoritative sources for medical aromatherapy blends and dosages. Aroma MD's™ specially pre-blended products make patient compliance easy. Each product contains age-based dosing and clear usage instructions. Practitioners can rest assured that patients are benefitting from the most therapeutic oils at safe and effective doses.

Flugon™



Immune Support
and relief from cough
and congestion*



Aroma MD™

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"I put a few drops on my son's sleeper. He slept through the night without coughing and seemed much more relaxed...He was so peaceful last night...My husband and I appreciate it so much and I know my son does too."

— E. Horton, R.N., Chicago, IL

"I caught a terrible flu that my children brought home from school. Flugon worked wonders for the kids. After using it myself, my sinuses opened up and I could breathe again. It's great to have a cold and flu product that's safe for the whole family!"

—N. Hedayat, San Jose, CA

Medical Quality Essential Oils in Flugon™

Support and Modification	Cardamom	Thyme	Lavender	Atlas Cedar	Spike Lavender
Bronchitis	✓	✓	✓	✓	✓
Cough	✓	✓	✓		
Flu	✓	✓	✓		✓
Head Cold	✓	✓	✓	✓	✓
Immunity	✓	✓	✓		✓
Mucus			✓		✓
Sinuses		✓	✓		

**Kamyar Hedayat, MD, FAAP**

Aroma MD™ Founder and President, Dr. Hedayat is a Stanford-trained critical care physician, board-certified pediatrician and clinical aromatherapist. His training also includes a preceptorship with Dr. Andrew Weil. Dr. Hedayat is the Medical Director of Full Spectrum

Health Center for Integrative Medicine in San Diego, CA. He is the author of numerous scholarly articles on critical care and clinical aromatherapy, and is an international speaker on integrative medicine and aromatherapy. Dr. Hedayat is available for clinical aromatherapy workshops for health professionals.

APPLICATIONS**Colds and Flu:**

Internal: as directed for 7-14 days at first feeling of discomfort.

Mucus, chest congestion and cough relief:

Topical: Rub on chest, back, and over lymph nodes every 8 hours. A Flugon™ bath is relieving when feeling unwell or tired. Use in combination with Aroma Aid™ for best immune support, alternating products every 4 hours.

SUGGESTED USAGE

INTERNAL: Newborn-23 months, 1-2 drops; 2 to 4 years, 2-4 drops; ages 5 to 7 years, 5 drops; 8 to adult, 5-10 drops every 8 hours with first sign of discomfort.

TOPICAL: All ages: apply 2-10 drops to nose, throat, chest, and back for cold and flu massage. For best effect, combine with internal use.

BATH: All ages, 3-20 drops stirred in bath.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For more information on Aroma MD™ products or to order, contact:

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PRECAUTIONS

Use as directed. Consult a healthcare professional before use if changing your current regimen, if you have a liver or kidney condition, or if you are pregnant. Aroma Aid™ is not intended for use in children under 2 years of age. Keep out of the reach of children.