

health hints

Flu “Shot” For The Other 50 Million

(NAPSA)—With the flu vaccine in short supply, many Americans are helping their health with a “shot” of a different kind—a shot of vitamins.



A megadose of vitamin C may help many avoid the flu.

A megadose of vitamin C may help many see their way to avoiding the flu. First, health experts suggest that by regularly washing your hands, drinking plenty of fluids, eating a balanced diet and increasing your intake of vitamin C and antioxidants, you stand a better chance of preventing the flu. According to university studies, vitamin C can help boost your immune system, making you less susceptible to cold and flu.

One product, Emer’gen-C, contains vitamin C in the form of mineral ascorbates. This provides all of the health benefits with none of the side effects that can occur when taking vitamin C in the form of ascorbic acid. Not only does this act as an immune system builder, it also can replenish valuable electrolytes to prevent dehydration. It comes in 15 flavors in single serving packets that can be mixed with water. Emer’gen-C can be found in groceries, health food stores and drugstores. To learn more, visit www.alacer.com.