

# what to do when THE STOMACH FLU HITS

**WHAT IS ACTIVATED CHARCOAL?** Activated charcoal is a potent and porous natural supplement that can be used to trap toxins and chemicals in the body before they are absorbed internally. The porous surface of activated charcoal has a negative electric charge that causes positive charged toxins and gases to bond to it. It works by trapping bad bacteria, chemicals, and toxins in its millions of tiny pores, bonding with these toxins, and expelling them out of the body.

## DOSING INSTRUCTIONS:

**Children 2 and older:** Mix one capsule with water every 3-4 hours

**Adults:** Take 2 capsules every 3-4 hours

At the first sign of illness, start administering activated charcoal to your whole family. If you catch the bug before someone is actively throwing up, it often prevents them from getting it all together. If they're already ill, getting just a little activated charcoal into them makes a huge difference in their recovery.

## ADDITIONAL STOMACH FLU REMEDIES

**Elderberry** is a sweet, delicious, and gentle immune booster. It supports all immune system functions and increases your natural immune response.

**Probiotics** replenish the healthy bacteria in your gut!

**Vitamin D** gets far too little credit when it comes to powering up the immune system, but this vitamin is actually an enormous help to improving your immune system's strength and resilience when fighting stomach bugs.

**Vitamin C** is essential for immune health, so increasing this well-known immune-boosting nutrient when you're battling a bug is always a great idea.

## FOODS TO NOURISH YOUR BODY:

Warm bone or veggie broth, simple soups, toast or plain bread, white rice

## FOODS TO AVOID:

Dairy products, highly acidic foods, fatty foods, spicy foods, caffeine, alcohol



## PRO TIP:

**Always keep these items in your medicine cabinet and travel medicine kit!**

- Activated Charcoal Capsules
- Nuun Electrolyte Tabs
- Probiotics

## Keep in mind!

Activated charcoal can be constipating, so drink LOTS of extra purified water to stay hydrated. (Avoid taking activated charcoal if you're already struggling with constipation.)

Avoid taking activated charcoal near meals because the charcoal will bind to the food and you absorb fewer nutrients.



## ACTIVATED CHARCOAL LEMONADE

### Ingredients:

- Purified water
- 1 activated charcoal capsule
- 1 Nuun tab (optional)
- 1 lemon (optional)

### Directions:

Fill a drinking glass with water. Empty an entire capsule of activated charcoal into the glass and stir. Add a Nuun tab and the juice of 1 lemon.

**Stir to combine. Top with ice and enjoy!**