

Influenzinum FAQs

Q: Is Influenzinum the same as a vaccine?

No. It does not contain adjuvants, preservatives, live viruses, or any chemicals. It is not intended to create antibodies or “prevent” the flu in the same way as vaccines. It supports your innate immunity in a holistic way and should be used alongside a healthy diet, exercise, good sleep habits, and stress reduction.

Q: Can I get the flu from taking Influenzinum?

No. Homeopathic remedies are energetic. They contain no molecules of the original substance. They are simply downloading information to familiarize your system with the frequency of the pathogen. You cannot “catch” a disease from a homeopathic remedy.

Q: Are there side effects?

No. Because homeopathy is energetic, there cannot be physiological “side effects.”

Q: Are there any studies with Influenzinum?

Yes, there is a double-blind, placebo controlled study with very positive results. It can be found here: <http://dx.doi.org/10.1016/j.homp.2015.02.006>, available online at <http://www.sciencedirect.com>

Q: Where is Influenzinum made?

It’s made in a homeopathic pharmacy under stringent guidelines. The medicated liquid is then dripped on sucrose pellets in a vial for distribution.

Q: What is it made from?

Influenzinum can be made from annual flu strains and/or historical strains of influenza. Viruses are ancient and continue to re-circulate over time so preparations made from a variety of flues can be beneficial.

Q: How/when should Influenzinum be taken?

During flu season (October-March in the northern hemisphere) you can take one dose of 2 pellets as frequently as one to four times a month. Frequency of dosing depends on your individual exposure and susceptibility to the flu.

Q: Do children and adults take the same dose?

Yes, all ages (starting as young as one month) can take the same dose.

Q: Do the pellets “expire” after this year?

No, as long as the pellets are stored in a ‘neutral’ place (away from heat over 120F, and away from strong smelling materials such essential oils, Ben-Gay, Icy Hot, etc) they do not expire and can be used over multiple years.

Q: If I have a large family, how many vials will I need?

Just one! The beauty of homeopathy is its ability to be taken in water. Dissolve 2 pellets in 4-8 ounces of water, stir and each person can take a teaspoon of the water per dose. With this method, you can dose an entire family on 2 pellets! It's just as effective.