

Free your workplace from colds

WITH the weather fluctuating between hot during the day and raining at night recently, it is common to suffer from the cold or flu with symptoms such as a sore throat, runny nose and cough.

When a colleague sneezes in the office, half of the others present will probably start sneezing or having runny noses too. This is because your colleague is most contagious for up to five days after he or she starts exhibiting symptoms of a cold or flu.

Cold or flu virus usually spreads when a healthy person comes into contact with the bodily fluids of an infected person, whether those fluids are airborne such as a sneeze, or left on the doorknob or computer keyboard by a sick person who just wiped his nose.

While you know that the virus spreads easily, there are those who seem to be immune.

A strong immune system is the first line of defence against most viral or bacterial infections. To prevent catching the flu virus, you need a fast-acting immune booster such as the herbal combination of *Thujae Occidentalis* and *Baptisiae Tinctoriae*.

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Bounce back from flu

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This combination is a natural way to protect ourselves against the cold virus. Known for its rapid action in strengthening the immune system, it has proven effective as it has been prescribed by German doctors for more than 50 years.

So, the next time you see your colleague sneezing, do yourself a favour by introducing him to this herbal combination.

Not only will you be helping your colleague with a weak immune system overcome the cold, but you are also doing everyone else in the office a favour as it stops the spread of the flu virus.

There is no product that can stop the cold virus once it has started. However, taking this herbal combination at the first sign of a cold will help stop the symptoms.

The common cold and flu is the main cause of lost productivity at the workplace.

A survey in the United States found that the common cold alone causes 40% of time lost at work due to workers taking days off to recover



Strengthening the immune system will help you overcome cold symptoms like a runny nose, sore throat, blocked nose and cough.

at home.

Therefore, there is tremendous value in taking this herbal combination to ease symptoms and speed



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Esberitox N contains the herbal combination of *Thujae Occidentalis* and *Baptisiae Tinctoriae*, which is known for rapidly strengthening the immune system.

up recovery.

■ Companies interested to know more about how they can improve on loss of workday productivity due to the cold and flu can contact 012-900 2275.

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