



Immune Support: Buying Guide

Prevention

ASTRAGALUS

[Mountain Rose Herbs Dried Root](#)

[Gaia Herbal Tincture](#)

[Gaia Astragalus Supreme Capsule](#)

MEDICINAL MUSHROOMS

[Host Defense Cordychi Blend \(cordyceps and reishi\)](#)

[Host Defense MyCommunity Blend \(17 mushrooms\)](#)

[Host Defense MyCommunity Tincture](#)

[NewChapter LifeShield Immune Support Blend \(7 mushrooms\)](#)

HOLY BASIL, TULSI

[Mountain Rose Herb Holy Basil \(loose leaf\)](#)

[Organic India \(loose leaf and tea bags\)](#)

[Traditional Medicinals Tulsi with Ginger \(tea bags\)](#)

[Pukka Three Tulsi \(tea bags\)](#)

GREEN TEA

[Mountain Rose Herb Green Sencha tea \(loose leaf\)](#)

[Rishi Green tea: many varieties to select \(loose leaf\)](#)

[Rishi Green tea: many varieties to select \(tea bag\)](#)

[Buddha Teas: many varieties to select \(tea bag\)](#)

[Traditional Medicinals Green tea: many varieties to select \(tea bag\)](#)

[Green Tea + Holy Basil blend by Organic India \(tea bags\) or \(loose leaf\)](#)

[Tea basket](#)

[Tea Thermos](#)

At The First Sign

ELDERBERRY

[Gaia Elderberry Syrup, Organic](#)

[Gaia Elderberry Capsules](#)

[Sambucol Black Elderberry Surup](#)

ECHINACEA

[Gaia Echinacea capsules](#)

[Herbalists & Alchemists Echinacea tincture](#)

[Herb Pharm Super Echinacea tincture](#)

If You Get Sick: Managing Symptoms

SORE THROAT

Throat Coat Tea by Traditional Medicinals

DRY COUGH

Throat Coat Tea by Traditional Medicinals

Traditional Medicinals Nighty-Night Valerian Tea: Herbal Sleep Support

WET, PRODUCTIVE COUGH

Old Indian Wild Cherry Bark Syrup by Planetary Herbals

WET, UNPRODUCTIVE COUGH (MUCUS STUCK IN LUNGS)

Throat Coat Tea by Traditional Medicinals

Old Indian Wild Cherry Bark Syrup by Planetary Herbals

FEVERS

Traditional Medicinal's Gypsy Cold Care