

## What's in Tamiflu?

The 12-milligram oral suspension of Tamiflu contains:

Oseltamivir phosphate – the active ingredient in Tamiflu

Black **iron oxide** and Red iron oxide and Yellow iron oxide (E172) **Possible kidney damage.**

**Suspected neurotoxin. Blindness in dog studies.**

Croscarmellose Sodium

FD&C Blue 2 (indigo carmine, E132) - A synthetic dye **Suspected carcinogen, linked to hyperactivity, nausea, breathing difficulty, skin reactions, blood pressure. Banned in Norway.**

Gelatin - A protein product traditionally made with animal byproducts

Povidone

Sodium Stearyl Fumarate Talc - Preliminary links between talc and **pulmonary issues, lung cancer, skin cancer and ovarian cancer have been established in studies**

Saccharin **sodium** (E954) - A chemical sweetener **linked to cancer** in some studies

Sodium benzoate (E211) - When combined with ascorbic acid (vitamin C), **sodium benzoate** can form **benzene, a known carcinogen; Hyperactivity, asthmatics should avoid, nettle rash, behavioural problems**

Sodium dihydrogen citrate (E331 (a))

Sorbitol (E420) - A sugar substitute that can cause **gastrointestinal problems Not suitable for diabetics, infants and young children, liver toxicity, gastrointestinal upsets. Prohibited in foods for infants and young children.**

Tutti Frutti flavor

Maltodextrins (maize)

Propylene glycol - Although generally recognized as safe (GRAS) by **the FDA**, propylene glycol is used as a food-grade **antifreeze** and is the primary ingredient of the paint inside a paintball. **Allergic reactions common, avoid in pregnancy**

Arabic gum (E414) **Asthma, skin rashes in sensitive people**

Natural identical flavoring substances (mainly banana, pineapple and peach)

Xanthan gum (E415)

Source: <http://www.naturalnews.com/021110.html>

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Did you know that natural substances such as herbs and nutrients can strengthen your immune system to arm it to fend off any infection? There are specific herbs which fight off viruses and help eliminate them from the body should infection occur.

Speak to Dagmar about staying healthy this winter.

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