



## FINAL PRESS RELEASE

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### **NEW COLD AND FLU REMEDY: FLUNADA® HOMEOPATHIC THROAT AND NASAL SPRAY NOW AVAILABLE IN RETAIL PHARMACIES**

*The Only Product to Coat both the Throat and Nasal Pathways, Where Most Viruses Enter the Body, to Help Minimize Exposure during Cold and Flu Season*

**RESTON, V.A., December 9, 2013** – STS Health™ has announced the availability of [FluNada®](#) a non-prescription, homeopathic throat and nasal spray formulated to provide relief from cold and flu-like symptoms, in more than 5,000 retail pharmacies. FluNada is the only remedy for cold and flu-like symptoms that coats both the throat and nasal pathways, where most viruses enter the body. It is designed to inhibit replication of viruses. The non-drowsy formula contains natural ingredients to relieve runny or blocked nose, sore throat, cough, and body aches and pains associated with the cold and flu.

"The introduction of FluNada to retail pharmacies offers patients a new and different option for natural cold and flu symptom relief this season," said Suzy Cohen RPh, nationally syndicated "Dear Pharmacist" columnist and author of "The 24-Hour Pharmacist" and "Headache Free". "Patients can infect others around them even before they experience symptoms, and up to seven days after, so early treatment of symptoms is critical to minimize exposure to the virus."

The U.S. Centers for Disease Control and Prevention (CDC) estimates an average of five to 20 percent of Americans get the flu each year, hospitalizing more than 200,000.<sup>1</sup> The flu is transmitted when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in another person's mouth or nose. It can also be transmitted when a person touches a surface or object that has the flu virus on it and then touches their mouth or nose. According to the CDC, most healthy adults may be able to infect others beginning one day before symptoms develop and five-to-seven days after the onset of symptoms.<sup>2</sup>

"Arming patients with a solution that is specifically designed to target cold and flu viruses at the primary points of entry, the throat and nose, may help reduce the symptoms of influenza this season," said Cohen.

FluNada has been laboratory tested to have greater than 99.9 percent efficacy against multiple common cold and flu viruses within five minutes. The zinc-free formula contains a blend of safe and natural homeopathic ingredients, including elderberry (with Sambucus Nigra), menthol (Mint), eucalyptus and gaultheria, which are registered with the Homeopathic Pharmacopeia and recognized by the U.S. Food and Drug Administration (FDA).

Launched in January 2013 and previously available through Amazon.com, STS Health has expanded FluNada's offering to retail pharmacies this cold and flu season including Walgreens, Duane Reade, Kerr Drug, Harris Teeter, Winn Dixie, Bi-Lo, Food City and Kinney Drug locations. FluNada is now available in the over-the-counter cold and flu aisles and will also remain available online through Amazon.com, Walgreens.com and drugstore.com.

Visit [www.FluNada.com](http://www.FluNada.com) for more information about the product and a full list of local retailers and online merchants.

#### **About FluNada®**

FluNada is a homeopathic throat and nasal spray formulated to provide relief from cold and flu-like symptoms. It is the only product to coat both the throat and nasal pathways, where most viruses enter the body. FluNada's unique formula and delivery system are designed to inhibit replication of viruses at the point of entry before they multiply to overtake the immune system. This scientifically developed, zinc-free formula contains a powerful blend of safe and natural ingredients. It provides non-drowsy relief from multiple symptoms, including runny or blocked nose, sore throat, cough, and body aches and pains. FluNada should be taken at the very first sign of cold or flu-like symptoms.

For more information and product availability, visit [www.FluNada.com](http://www.FluNada.com).

#### **About STS Health**

STS Health was founded in 2009 by Dr. Steve Schwartz, a licensed family physician with more than 25 years of experience. Inspired by his service on a pandemic preparedness task force and his passion for health and wellness, Dr. Schwartz embarked on a mission to leverage science to save lives and reduce the social and economic impact of influenza. STS Health provides consumer health products, including FluNada® and AirVita®, that are scientifically developed using safe, natural ingredients and are laboratory tested in the United States.

For more information, visit [www.STSHealth.com](http://www.STSHealth.com).

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<sup>1</sup> Centers for Disease Control and Prevention (CDC). Seasonal Influenza: Q&A. <http://www.cdc.gov/flu/about/qa/disease.htm>. Accessed December 6, 2013.

<sup>2</sup> Centers for Disease Control and Prevention (CDC). How Flu Spreads. <http://www.cdc.gov/flu/about/disease/spread.htm>. Accessed December 6, 2013.