

# Upper Respiratory Infections (URI)

The Common Cold, Influenza, and other Upper Respiratory Infections.

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

Nutrient	Product	Quan
Monolaurin, Monomyristin, Monocaprin and Monocaprylin	Ultra-Monolaurin	1 scoop, 3 or 4 x per day
Elderberry, Echinacea	Ultra-Elderberry Plus	1 - 3 or 4xper day
proprietary herbal blend	PhytoBiotic	1-2, 3 x per day
A good multi always	Ultra Vites*	2
Essential Fatty Acids	Ultra Omega-Linic	2-4
For pain, and elevated temperature	Yucca	2, 4 x per day
Vitamin D3 + Vitamin K	Vitamin D3 5000 or Vitamins D3 + K	1
Vitamin A	Vitamin A **	1 to 3 per day
<b>Consider:</b>		
Licorice	Licorice	1, 3 x per day
Vitamin C	Ultra-C 1000	1, 4 x per day
Zinc	Zinc-30 chelate	1
for sore throat	Zinc Lozenges	1-3
* Use a multi without Iron unless there is a known need for Iron		
** Limit vitamin A to a total of 5000 IU per day for women who are or might become pregnant		

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Little needs to be said about the symptoms of upper respiratory infections because they are all too familiar, frustrating and annoying. They are almost always viral infections, and antibiotics that are effective against bacteria are NOT effective in this situation and should NOT be used. Antibiotics will *not* shorten the duration of URI infections. Their unwarranted use develops resistant strains of bacteria, and can sometimes cause one to become allergic to the entire class of antibiotics. Antibiotics have many side effects. Currently most physicians recommend antibiotics be considered if there are symptoms remaining after 10 days. There are anti viral drugs that can be used against influenza, but they are type specific.

## DISCLAIMER

There are no evidence based studies to prove the effectiveness of these recommended supplements. None of the following supplements and herbs have been approved by the FDA for use in the treatment of viral and bacterial upper respiratory infections (URI) and colds.

**Ultra Monolaurin** and its close relatives are effective against many viruses including Enterovirus ev-d68, pathogenic bacteria, protozoa, yeast and other fungi. Its use in URI, colds and Influenza assures an active agent against the virus, and at the same time, it is an agent that may kill some primary or secondary bacterial infections.

One could consider using Ultra Monolaurin prophylactically on a daily basis, especially when there is an increased risk or increased consequence of colds or influenza.

For additional response especially in an elderly patient or chronically ill individual, **Ultra Elderberry Plus** could be added to the Ultra Monolaurin. Elderberry lowers fevers associated with these infections (it is diaphoretic). Ultra Elderberry Plus also contains Echinacea, which is widely used in Europe against URIs. Some studies have shown that it shortens the duration of the cold.

There are no studies with the use of these two supplements in pregnant or lactating women, so their use cannot be recommended. However, they have been used by pregnant and lactating women for years with no reported side effects.

For URI, Ultra Monolaurin could be used with Ultra Elderberry Plus. Studies have shown Elderberry to be effective against all types of influenza virus, and many types of upper respiratory viruses. It also has antibacterial and anti fungal properties.

**PhytoBiotic**, an Endobiogenic Concept™ Formulation from Time Labs, may be added if there is less than adequate response to the above supplements. It is a proprietary blend of Vitamin A, Vitamin B6 and Pantothenic Acid plus L-Lysine, house leek, knotweed, black currant and thyme extracts; and essential oils of thyme, savory and lavender.

**Ultra Vites** supplies nutrients that are essential for the body to fight infections. It may also minimize the symptoms and shorten the duration of colds and other infections.

The anti inflammatory effect of **Ultra Omega-Linic** may not be immediately apparent. In addition, these essential fatty acids are protective of the heart and have so many other benefits that it is important that it be a regular part of daily supplementation. Consider increasing the daily number of capsules for more benefit during episodes of URIs.

**Yucca** is an excellent anti inflammatory and analgesic without the side effects of aspirin or NSAIDs. The use of NSAIDs has been shown over and over again to increase the incidence of stroke, heart attacks and gastro-intestinal (GI) bleeding and other complications, even with occasional use.

Studies have shown that higher Vitamin D levels are protective against viral infections, including upper respiratory infections and influenza. I recommend 5000 IU or 6000 IU per day in the winter months. **Vitamin D3 5000** and **Vitamins D3 + K** are good sources for these higher levels. Flare ups of COPD and Pneumonia are less common if vitamin D levels are in this higher intake range. Vitamin D3 can be used at 11,000 IU per day for 7 to 10 days in the event of upper respiratory bacterial or viral infections, including influenza. Vitamin D is very effective in supporting the immune system. Its use is important from fall to spring in the northern latitudes because of low levels of vitamin D in the general population unless it is supplemented orally.

**Vitamins D3 + K** should only be used with medical supervision when one is taking anti coagulant drugs.

**Vitamin A** helps regenerate mucus membrane, so it is very useful in fostering the repair of tissue damaged by colds and other upper respiratory infections. Large doses can be used on a short term basis, but should be limited to a total of 5000 IU daily in women who are or might become pregnant.

In many European countries Licorice (**Licorice**) is approved for the treatment of bronchitis.

The use of vitamin C and zinc are thought by many clinicians to help the symptoms and shorten the duration of the infections. **Ultra C-1000** is an easy way to supplement 1-4 grams per day or more if necessary. **Ultra Vites** contains 10 mg zinc. If more is needed, consider 1 **Zinc-30** per day.

**Zinc Lozenges** (a new product) are soothing to sore throats.

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