

## Mononucleosis

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More commonly called "mono," is an infection caused by a virus. Depression, jaundice, headache, extreme fatigue, loss of appetite, abdominal pain, swollen glands, achiness, fever, and sometimes rash are all indicators of mononucleosis.

**Astragalus and Echinacea-** ☐ **Internal** Purposes: Enhances the immune system.

**Acidophilus-** Importance: High Comments: Provides friendly bacteria for the intestinal tract. Nondairy formula is recommended.

**Proteolytic enzymes-** Importance: High Comments: Decreases inflammation. Helps with nutrient absorption.

**Vitamin A-** Importance: High Comments: Enhances immune system. Emulsion form is recommended to make it easily accessible to the body.

**Vitamin E-** Importance: High Comments: Enhances immune system. Emulsion form is recommended to make it easily accessible to the body.

**Vitamin C-** Importance: High Comments: Kills viruses. Stimulates immune system.