

Table: Potential Supplements in H1N1 Prevention.

<b>Supplement</b>	<b>Uses</b>	<b>Supporting Evidence</b>
Vitamin E	Antioxidant	Nothing definitive. Clinical trials researching its use in cancer, cardiovascular disease and age-related macular degeneration have revealed split results.
Vitamin C	Antioxidant	Studies using routine supplementation of 200 mg/day or more managed to modestly reduce symptom duration of the common cold. It was not shown to prevent the cold or reduce the severity of symptoms. Other trials examined its usage in cancer and cardiovascular disease. The majority of these revealed no benefit.
Garlic	Antioxidant	Studies have concluded that garlic exhibits a modest (6-11% reduction) benefit in LDL lowering but only for the short term (1-3 months). Hypertension studies were inconclusive. Cancer studies yielded no benefit. Further research needs done for any potential benefits in cold or influenza.
Echinacea	Immune system stimulator.	Studies have not been able to determine an effective dosage for cold and influenza.
Zinc	Required trace mineral	Research looking at zinc's usage in the common cold has showed both positive and negative results. The studies are evenly split down the middle.
Selenium	Antioxidant	The literature supports the idea that only deficient individuals show benefit from supplementation. Other uses including cancer, cardiovascular disease, and arthritis are currently insufficient to support their effectiveness.
Elderberry	Antioxidant, antiviral, immune modulator	Some small studies have revealed some benefit in using elderberry for cold and influenza. Further research is needed to determine an adverse reaction, dosage, and drug interaction profile.

<u>Active 8</u> Vitamin A Zinc Blueberry powder Elderberry Extract Honeysuckle	Immune booster (cold and flu prevention)	A review of the literature for the compounds contained in this product that was not previously discussed showed that blueberry and honeysuckle contained antioxidant properties. There was no solid literature to support their effectiveness. Vitamin A is an essential vitamin that should be maintained at the recommended daily value to prevent susceptibility to infection.
<u>Airborne</u> Vitamin A Vitamin B <sub>2</sub> Vitamin C Vitamin E Magnesium Zinc Selenium Manganese Sodium Potassium Echinacea Ginger	Immune booster (cold and flu prevention)	A review of the literature for the compounds contained in this product that were not previously discussed showed that garlic has potential for cold and influenza usage, but the proper support is not there at this time. The other supplements Vitamins B <sub>2</sub> , magnesium, sodium, and potassium are all necessary vitamins, minerals, electrolytes. They should be maintained at the current recommended value help with normal body functions.