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Common Cold/Sore Throat - Vitacost

Every year millions of Americans come down with a cold. Even though cold and flu season starts in the fall you can get a cold any time of year. Even though there isn't a cure for the common cold many people still go to a doctor. Many times doctors hand out unneeded prescriptions.

If you have the cold there are several things you can do at home to lessen your symptoms. First of all it's important to get plenty of rest. Also make sure you drink plenty of fluids. Take supplements that contain vitamin C, zinc and echinacea - all of which could help shorten the amount of time you're sick.

For more information on colds and how to fight them at home click on the link below.

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