

## Mucus Management



### Water

**Price Range:** Free and up

**Available:** Everywhere

The following amounts are estimated recommendations from the Institute of Medicine for healthy individuals without conflicting medical conditions.

Men: 3 liters (101 ounces) = approximately 6 (16 oz) bottles of water per day

Women: 2.2 liters (74 ounces) = approximately 4 (16 oz) bottles of water per day

### Mucinex (expectorant only)

**Price Range:** \$6-13

**Available:** Walmart, Walgreens, CVS Drugs

Active Ingredient: Guaifenesin - expectorant;  
available in 400 mg, 600 mg or 1200 mg doses



### Grether's Blackcurrant Pastilles (sugar-free)

Oral demulcent containing glycerin; soft lozenges

**Price Range:** \$8 and up

**Available:** Only available online at [amazon.com](http://amazon.com), [smallflower.com/product/10040](http://smallflower.com/product/10040), [pastillesforless.com](http://pastillesforless.com) and additional online suppliers

### Halls Breezers (non-mentholated—sugar-free)

Oral demulcent containing pectin; hard lozenges

**Price Range:** \$2.29 and up

**Available:** Most drugstores, Walgreens, CVS Drugs  
Receive a coupon at [gethalls.com/signup.aspx](http://gethalls.com/signup.aspx)



### Entertainer's Secret Throat Relief

Oral demulcent containing glycerin; fine mist spray

**Price Range:** \$5.99 and up

**Available:** Phone: 1-800-308-7452, KLI Corporation, Carmel, IN 46032; online: [amazon.com](http://amazon.com), [entertainerssecret.com](http://entertainerssecret.com) and additional online suppliers



**Personal Steam Inhaler**

**Price Range:** \$9.99 and up

**Available:** CVS Drugs, Sally's Beauty Supply, Target, Walmart, Amazon.com and additional online suppliers.

**Oasis Mouth Moisturizing Spray**

Oral demulcent containing glycerin, pump spray

**Price Range:** \$6.99 and up

**Available:** Walgreens and additional online suppliers



**Room Vaporizer**



Available in a variety of brands

**Price Range:** \$17 and up

**Available:** Walmart, Target, Sears, Walgreens, amazon.com and additional online suppliers

Cold steam inhalers use ultrasonic waves to create water vapor. These are less dangerous around children but can deposit a "film" over time around your house. Traditional (hot) steam can be cleaner but carries a risk of scalding and burns. Cold steam inhalers are generally more expensive.

**Sinus Irrigation Rinse**

NeilMed is the best-known manufacturer, but other manufacturers offer equivalent products. You can even use a baby bulb syringe.

**Price Range:** \$11.49 and up

**Available:** Walmart, Walgreens, CVS Drugs, amazon.com and additional online suppliers



**A recipe for homemade saline (salt water) is below:**

Sinus Irrigation Rinse Recipe:

8 oz warm water

1/2 teaspoon of kosher or salt (make sure to use non-iodized salt)

1/2 teaspoon of baking soda