



Oh No!
**HERE COMES
A COLD SORE**

WHY DO COLD SORES OCCUR?

ANY ATTACK ON YOUR IMMUNE SYSTEM MEANS YOU MIGHT GET A COLD SORE



Even sun damage from UV rays on your arm can mean you may be prone to a cold sore on your lip

Any time your system is fighting an illness you become more susceptible to an outbreak





Being overtired or stressed also lowers your immune system's ability to fight the herpes simplex virus 1 (HSV-1)

Some women find they suffer recurring outbreaks which fall in line with their menstrual cycle



IT'S AT THESE TIMES YOU NEED TO LOOK AFTER YOURSELF

LIFESTYLE



Apply good quality sun block when out in the sun. Protect your lips at all times by using a lip balm with UV protection

Try to get plenty of sleep (yes, it's that obvious) and de-stress as much as possible (we know it's simple to say, not so easy to do, but it really can help to prevent an outbreak)




Stay uninfected

The more your immune system has to work in fighting off everyday bugs and germs, the easier it is for the Herpes Simplex virus to cause an outbreak. Try to keep your hands as clean as possible, and always wash them or use a hand sanitiser before you eat.

EAT WELL



Foods which have high lysine to arginine ratio may help to reduce the likelihood of an outbreak - yogurt and cheese for example.

Keep your diet rich in Vitamin E and C - a combination of these two important vitamins will provide great antioxidant and immune-boosting properties.

Enjoy those flavonoids, particularly 'quercetin', as these naturally occurring compounds which give fruit and veg their vibrant colours have great anti-viral properties.



REACT QUICKLY - USE HERSTAT!

Lastly, if you do happen to feel that telltale tingle on your lips, apply Herstat Cold Sore Care ointment and reapply it every 2 hours, at least five times a day.



EVERY 2 HOURS x5

6 DAYS



The ointment is clinically proven to help reduce the healing time of a cold sore by, on average, 3.5 days, with an average complete healing time of six days.*

[Click here for more details of the Herstat clinical trial](#)

Herstat - clinically proven to reduce symptoms faster, or your moneyback.

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CLICK HERE TO PURCHASE COLD SORE TREATMENT NOW

