



How Common Is The Flu?

Flu is less common than it may seem. Up to 90% of those who have flu-like symptoms (fever, fatigue, cough and aching muscles) DO NOT have the flu. Rather, they have an “influenza-like illness” or ILI that may be associated with many different microorganisms (rhinoviruses, respiratory syncytial virus [RSV], adenoviruses, parainfluenza viruses, Legionella spp., Chlamydia pneumoniae, Mycoplasma pneumoniae and Streptococcus pneumoniae) but not the flu virus.¹

How Effective Is The Flu Shot?

Research reveals the flu shot does not save lives among the elderly. According to the Centers for Disease Control (CDC), “many persons who have been vaccinated against influenza can still get the flu.”²

In one CDC study, the flu vaccine was 16% – 63% effective against influenza and was not at all effective against influenza-like illness (ILI).³

How Safe Is The Flu Shot?

Flu vaccines have not been evaluated for their ability to cause cancer or mutations or whether they can cause reproductive problems such as sterility. It is not known whether flu vaccine can cause fetal harm when administered to a pregnant woman, or whether it can affect future reproductive ability. It is not known whether flu vaccine is excreted in human milk. Animal fertility studies have not been conducted.

According to the manufacturers the flu vaccine should not be administered to anyone with hypersensitivity to any flu shot components. Most people do not know if they are sensitive to any of the ingredients listed below before they are given the shot.

Do you know what's in a

FLU
shot?

→ Mercury (thimerosal)

One of the most poisonous substances known. Has an affinity for the brain, gut, liver, bone marrow and kidneys. Minute amounts can cause nerve damage. Symptoms of mercury toxicity are similar to those of autism.

→ Formaldehyde (formalin)

Major component of embalming fluid; poisonous if ingested. Suspected gastrointestinal, liver, immune system, reproductive system, respiratory and nerve poison. Probable carcinogen. Linked to leukemia, and brain, colon, sinus, nasopharynx and lymphatic cancers.

→ Gentamicin Sulfate & Polymyxin B (antibiotics)

Allergic reactions can range from mild to life-threatening.*

→ Chicken Embryos

The flu vaccine is made with fluids from chick embryos inoculated with specific type(s) of influenza virus. People who are allergic to these products (chicken or egg) or to any of the other ingredients in a vaccine can become seriously ill from the vaccination.

→ Sodium Phosphate

Symptoms may include vomiting, lethargy, diarrhea, blood chemistry effects, heart disturbances and central nervous system effects. May cause inflammation and pain on prolonged contact, especially with moist skin.

→ Neomycin Sulfate (antibiotic)

Interferes with Vitamin B6 absorption. An error in the uptake of B6 can cause a rare form of epilepsy and mental retardation. Allergic reactions can be mild to life-threatening.*

→ Monosodium Glutamate (msg/glutamate/glutamic acid)

Being studied for mutagenic, teratogenic (developmental malformation and monstrosities) and reproductive effects. A neurotoxin. Allergic reactions can range from mild to severe.*

→ Gelatin

Produced from selected pieces of calf and cattle skins, demineralized cattle bones and pork skin. Allergic reactions have been reported.*

→ Sodium Deoxycholate

Promotes tumors and damages DNA.

→ Octoxynol-10 (Triton® X-100)/ Octoxynol-9 (polyethylene glycol-*p*-isooctylphenyl ether; octylphenoxy polyethoxyethanol)

Spermicide (kills sperm). Can cause chills, confusion, dizziness, fever, light-headedness, muscle aches, peeling of the skin. Causes severe eye irritation. Harmful if swallowed, inhaled or in contact with skin. Toxicology not fully investigated. May contain traces of ethylene oxide or dioxane, which are probable human carcinogens. The manufacturer's website states: FOR RESEARCH USE ONLY. NOT FOR HUMAN OR DRUG USE.⁴

→ Beta Propiolactone

Known to cause cancer. Suspected gastrointestinal, liver, respiratory, skin and sense organ poison.

→ Polysorbate 80

Known to cause cancer in animals.

** It is almost impossible to know in advance of exposure if a child or adult has an allergy.*