Swine flu vaccine:
Know the Facts before Getting Your Shot

**FACTS**

1. Multi-dose vials of both seasonal and injectable H1N1 swine flu vaccines contain MERCURY, which is a known neurotoxin.

2. Some swine flu vaccines contain FORMALDEHYDE and exposure to formaldehyde has been shown to increase the risk of developing certain CANCERS.

3. It is unknown whether H1N1 swine flu vaccine is safe to give to all pregnant women, children and adults, especially if they are chronically ill or sick at the time of vaccination.

4. There was an increased risk of developing Guillain-Barre Syndrome (GBS), a sometimes fatal inflammation of the nerves, after swine flu vaccination in 1976.

5. GBS and brain inflammation has been reported after seasonal influenza vaccination.

6. H1N1 swine flu vaccines have not been evaluated for the ability to cause cancer, damage genes or impair fertility.

7. It is not known whether H1N1 swine flu vaccines can harm the fetus if given to a pregnant woman.

8. One H1N1 swine flu vaccine manufacturer product insert states that immune response and safety was only evaluated “in 31 children between the ages of 6-26 months.”

9. The live virus nasal spray H1N1 swine flu vaccine is not recommended for pregnant women, children under age two or anyone with a history of asthma.

10. The H1N1 swine flu influenza has not been associated with more serious disease or more deaths than seasonal influenza strains that have circulated in the past few decades.

Vaccines are not the sole solution to preventing disease - consider safer, more natural ways like eating nutritious foods and leading a healthy lifestyle.

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