

Mono

Possible Causes and Contributing Factors

- Mononucleosis is a viral infection causing fever, sore throat, and swollen lymph glands, especially in the neck.
- Mononucleosis, or mono, is often spread by saliva and close contact. It is known as "the kissing disease," and occurs most often in those age 15 to 17. However, the infection may develop at any age.
- Mono is usually linked to the Epstein-Barr virus (EBV), but can also be caused by other organisms such as cytomegalovirus (CMV).

Suggested Dietary Changes

- Drink plenty of fluids.
- Gargle with warm salt water to ease a sore throat.
- Get plenty of rest.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*