

IMMUNE SUPPORT



The immune system is a multifaceted, complex system that protects us from both internal and external harmful substances. The immune system differentiates pathogens and foreign substances from our own cells and serves to destroy or inactivate these foreign substances. Maintaining a healthy immune system is not just a matter of taking vitamins or supplements. Given the vast importance of a healthy immune system, a healthy diet along with rest, stress management, exercise and nutritional support are essential to keep our immune system operating at its best.

Failure to follow these guidelines for a healthy immune system can lead to a situation where the immune system is less than adequate. Poor sleep habits, stress and lack of exercise can lead to an impaired immune system. A nutritionally poor diet is a major factor in diminished immune response, and is why we look to nutritional supplements to help restore a nutritionally impaired immune system. Zinc is a critical component in proper immune function. Studies have demonstrated that taking **Zinc Lozenges** when coming down with a cold can shorten the duration of the cold and, in some cases, actually prevent a cold from occurring. When using Zinc Lozenges for immune enhancement, it is recommended to take one lozenge every 2-4 hours while awake.

Along with ensuring adequate zinc to support our immune system, having adequate levels of vitamin D and vitamin C have been shown to be helpful in individuals who are deficient in these nutrients. **Vitamin D 5000 IU** and **Buffered Vitamin C 1000 mg** are excellent supplements to consider during the cold and flu season, or in times of high stress, to help ensure the function of our immune system.

However, even with the healthiest of lifestyles, our immune system can still be challenged. At these times, nutritional supplements that help to stimulate and protect our natural immune function can be very helpful. Epigallocatechin or EGCG is one of the most studied supplements for protecting the immune system from a viral challenge. **Green Tea-70** contains one of the highest concentrations (70%) of this potent immune system enhancer. Articles available in the medical literature have cited the viral inhibitive effects of EGCG in influenza, hepatitis B and C, and even Ebola viruses. Not only has EGCG been recognized for its immune enhancement capabilities, but it has also been shown to be beneficial in minimizing cancer risk and as a valuable option in anti-aging medicine.

Synergistic and powerful blends of immune stimulants have been shown to provide a boost when the immune system is being challenged. **Immune Health Support** is just such a product, providing 17 specific immune boosters such as zinc, vitamin C, echinacea and astragalus, along with maitake, shitake and reishi mushroom fractions. When immunity is in question, **Immune Health Support** is a great choice.



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