

# IMMUNE SUPPORT



Your immune system is a multifaceted, complex system that protects you from internal and external harmful substances. Your immune system differentiates pathogens and foreign substances from your own cells and helps to destroy or inactivate these substances. Maintaining a healthy immune system is not just a matter of taking vitamins or supplements. You require a comprehensive plan of proper diet, rest, stress management, exercise and nutritional support to keep your immune system operating at its best.

However, even with the best of lifestyles, your immune system can be challenged. Your body faces its greatest immune system challenge during cold and flu season, or when it is subjected to other viral infections. At these times, nutritional supplements that help to stimulate your natural immune function can be very helpful.

**Green Tea-70** contains the highest concentration (70%) of the potent immune system enhancer epigallocatechin (EGCg). Articles in the medical literature have noted the viral inhibitive effects of EGCg in influenza, hepatitis B & C, and even Ebola, to name a few. Not only has EGCg been recognized for its immune enhancement capabilities with viral infections, 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. Such a product is **Immuno-DMG Chewable**, a combination of vitamin D3, black elderberry, larch tree, beta-1-3 glucan, astragalus root and maitake mushroom fraction. **Immune Health Support** will also help to enhance immune response when immune response is challenged.

Zinc is a critical component of proper immune function. When coming down with a cold, **Zinc Lozenges** can shorten the duration of a cold and actually prevent a cold from occurring. Using **Zinc Lozenges** while traveling on an airplane can reduce your chances of getting an infection from other passengers. For immune enhancement, use **Zinc Lozenges** every two hours while awake.

Nutritional supplements that support and encourage the immune system, such as **Green Tea-70**, **Immuno-DMG Chewable**, **Immune Health Support**, **Vitamin D 5000 IU** and **Zinc Lozenges** are all excellent recommendations.

Utilization of these supplements during the cold and flu season, or at times of high stress, will help to improve the function of your immune system.



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