

Immune Support Packets

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An all-encompassing combination of immune-supportive nutrients

By David Brady, ND, DC, CCN, DACBN & Suzanne Copp, MS

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These packets provide a comprehensive arsenal of immune-supportive nutrients, helping build a strong defense during cold and flu season.

Immunitone Plus™ provides antiviral and antibacterial support as well as the ability to maintain natural killer (NK) cell activity and the synthesis of cytokines (immunomodulating agents such as interleukins). This formula contains an array of botanicals such as green tea standardized to a very high level of EGCG as well as standardized echinacea, elderberry, astragalus, and andrographis. Standardized herbs contain optimal and consistent amounts of the most active compounds. Other highlights include several mushrooms (cordyceps, shiitake, maitake, and reishi), all containing diverse biological activity with various degrees of immunomodulatory and therapeutic health benefits. Monolaurin, a form of the fatty acid lauric acid, is included for its antiviral properties and T cell proliferative effects. Rounding out this formula are the polysaccharides larch tree (arabinogalactans) and beta 1,3 glucan, included for their abilities to stimulate immune cells.

Vitamin D Complex features 2000 IUs of vitamin D, along with efficacious amounts of the other fat-soluble vitamins, A, E (tocopherols and tocotrienols), and K (K1 and K2). Supplementing therapeutic amounts of vitamin D creates a greater need for its other fat-soluble counterparts.

Vitamin D has many health benefits including protecting the body from respiratory infections. Studies show that a deficiency in D increases the risk of such infections, including colds and flu. Vitamin D is involved in modulating two important aspects of the immune response: the function of the T-cell lymphocyte and the production of interleukin-10. By doing so, this helps to better arm and activate the body's immune system in order to destroy unhealthy bacteria and viruses and fight off infections. Researcher Professor Carsten Geisler of Copenhagen University was quoted saying, "When a T-cell is exposed to a foreign pathogen, it extends a signalling device or 'antenna' known as a vitamin D receptor, with which it searches for vitamin D. This means that the T-cell must have vitamin D or activation of the cell will cease. If the T-cells cannot find enough vitamin D in the blood, they won't even begin to mobilize."

The other fat-soluble vitamins in Vitamin D Complex are equally as important here. Vitamins A and E are both involved in the development of some of the most important lymphocytes (NK cells, T cells, B cells), white blood cells responsible for the body's immune response. Supplementing with vitamin E also helps to reverse an age-related decline in T cell function, an important factor for the elderly whose immune system often weakens with age.

Stellar C™ is rich in vitamin C (600 mg from a mixture of ascorbic acid and acerola fruit) as well as the plant bioflavonoids hesperidin, rutin, and quercetin. Vitamin C shines in its immune-enhancing abilities by helping to reduce the risk, severity, and duration of respiratory tract infections such as colds and flu. Supplementing with vitamin C has been shown to improve antimicrobial and natural killer cell activities as well as lymphocyte proliferation. The plant bioflavonoids included in Stellar C™ support the immune system by protecting cell membranes against germs, toxins, and environmental pollutants, providing a barrier in order to block these toxins from finding their way into the cells. Bioflavonoids, nature's antioxidants, work synergistically with vitamin C, as they are found together in fruits such as oranges and grapefruits.

Zinc Supreme™ is an important addition to these packets, as zinc is involved in virtually every aspect of immunity. This mineral has antiviral properties, and is even effective against several viruses that cause the common cold. Supplementing with zinc has been shown to stimulate the production of white blood cells, as well as support the actions of neutrophils, T lymphocytes, and natural killer cells. Zinc helps to increase the number of T cells, especially in the elderly, as this population is often deficient in this mineral. Zinc is also required for producing thymulin, the major thymus hormone. A reduction of this thymus hormone leads to impaired immune function.

One Immune Support Packet contains:

- ▶ Immunitone Plus™ - 3 capsules
- ▶ Vitamin D Complex - 1 capsule
- ▶ Stellar C™ - 1 capsule
- ▶ Zinc Supreme™ - 1 capsule
- ▶ Tegrice® Colostrum - 1 capsule
- ▶ N-Acetyl Cysteine - 1 capsule

Colostrum, the first milk produced by mothers for their newborns, provides beneficial nourishment for the immune system. It offers a powerful and effective combination of immune and growth factors including immunoglobulins (involved in leukocyte-dependent destruction of microbes), proline rich polypeptide (PRP) that supports the thymus gland, lactoferrin (antibacterial, antiviral, antioxidant and immunomodulatory properties), and insulin-like growth factor 1 (IGF-1).

Tegrice[®] Colostrum comes from cattle raised in the US and is produced from healthy, nutritionally-supplemented cows on USDA and FDA certified dairy farms. These cattle are carefully fed a scientifically-designed diet that contains the proper balance of legumes and grasses along with minerals and trace minerals to ensure consistently high potency colostrum.

N-Acetyl Cysteine's inclusion is significant, as this amino acid helps to increase glutathione levels, the body's most powerful antioxidant and the one most important to overall health. NAC and glutathione have been shown to minimize the onset of oxidative stress. Glutathione is needed in every cell throughout the body and is involved in regulating the body's immune response. Research shows that lymphocytes from healthy humans have optimal glutathione levels, while low levels in the body have been associated with common illnesses and a weakened immune system. Building a strong defense against viruses such as the flu is dependent on sufficient levels of this vital antioxidant.

Recommended Use:

- As a dietary supplement, take one packet per day, or as directed by your health care practitioner.

References

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