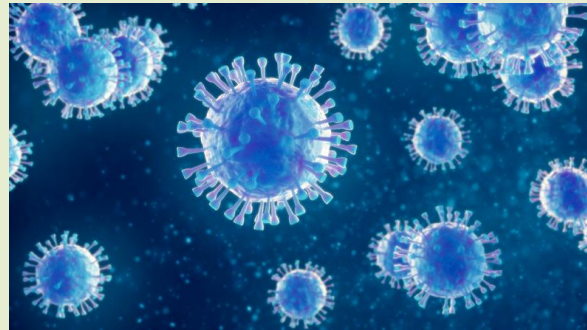




## Fight Off Infections – Strengthen Your Immune System

There are many factors that can challenge a healthy immune system including stress, exposure to toxic compounds, allergies, bacteria, viruses, irregular sleeping patterns and a poor diet. Our complex integrated immune system needs multiple specific micronutrients, including vitamins A, D, C, E, B6, and B12, folate, zinc, iron, copper, and selenium, which play vital, often synergistic roles at every stage of the immune response.



Adequate amounts are essential to ensure the proper function of physical barriers and immune cells; however, daily micronutrient intakes necessary to support immune function may be higher than current recommended dietary allowances. Infection, stress, and pollution deplete micronutrient stores within the body. Supplementation with multiple micronutrients with immune-supporting roles may improve immune function and reduce the risk of infection. Many natural products can help to boost your immunity and aid in preventing viral, bacteria, and fungal infections. For example:

- Maitake mushroom is a highly concentrated source of Beta-1-6 Glucan which supports the body's first line of defense. Maitake D-Fraction provides comprehensive immune support.
- Vitamins C and E are powerful antioxidants and help build antibodies. The recommended daily allowance of vitamin C is around 90 mg per day. For optimal immune function, many experts now recommend supplementing with 1 gram (1,000 mg) of vitamin C daily in addition to a diet rich in fruits and vegetables.
- Astragalus is an herb that has been extensively studied for its ability to support the immune system.
- Black elderberry serves as a source of anthocyanidins that are thought to have immune modulating effects.
- Probiotics can have significant beneficial effects through the activation of multiple immune mechanisms. The formulation of the probiotic is key.
- Vitamin D regulates the function of immune cells.
- Selenium is important for immune response. Studies in mice have shown that viral symptoms and infection times are more severe when dietary selenium is deficient.

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*Our professional pharmacy team can help your entire family strengthen their immune systems to reduce their risk of infection. Ask our pharmacist to recommend professional quality supplements.*

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