



Immune Boost

Directions: Take 1 capsule, twice per day.

Why take this supplement:

These are carefully chosen nutrients and herbs that are scientifically supported for helping to improve immune system function, reduce incidence of illness and improve recovery times if you do get sick.

Each ingredient plays a special role as described below:

- **Zinc** - This is a key mineral for optimal immune system function and for better utilization of ingredients that help build immunity.
- **Selenium** - This is another key element that is foundational to good immune system function. With Zinc and Selenium on hand, there can be better results of any immune enhancing protocols.
- **Vitamin D3** - This is a well-known vitamin that is critical for better immune function and one of the most deficient nutrients in North America and northern European countries. Vitamin D can modulate the innate and adaptive immune responses. Cells of the immune system possess vitamin D receptors (VDR). Vitamin D enhances the local capacity of the epithelium to produce endogenous antibiotics and also reduces certain destructive arms of the immune response, especially those responsible for the signs and symptoms of acute inflammation. Vitamin D3 is the natural form of vitamin D. It is considered by most experts and scientific studies to have the greatest proven benefits. Studies are now showing that regular supplementation of Vitamin D3 is best (year round) and have greater health benefits, especially in elderly populations.
- **Glutathione** - This is a key anti-oxidant for cell protection and repair and in growing use as a marker for human disease. There is a wide variety of positive effects. This is pure Setria® brand reduced L-Glutathione, the world renowned leader in Glutathione manufacturing and is stable when exposed to stomach acid for enhanced absorption. Glutathione is found to varying degrees in all cells, tissues, body fluids and organ systems. It supports the liver and immune system function.
- **Acerola (Vitamin C and natural bioflavonoids)** - Acerola is from the acerola cherry and is rich in vitamin C, bioflavonoids, magnesium, pantothenic acid, and vitamin A. It has significant antioxidant properties and enhances immune function.
- **Echinacea** - Echinacea helps increase white blood cells (macrophages, natural killer cells, T-cells) and interferon, and helps tissue repair.
- **Olive Leaf** - Olive Leaf is a potent antibacterial, antifungal, antiparasitic and antioxidant herb. It weakens microorganisms and interferes with the ability of a virus to assemble at the cell membrane. Oleuropein inactivates the microorganisms by dissolving the outer lining of the microbe and is able to penetrate infected cells. Olive Leaf stimulates phagocyte production which enables immune cells to destroy microbes.
- **Elderberry** - Anthocyanins in elderberry boost the production of cytokines, the proteins messengers within our immune system. It also possesses anti-inflammatory properties which have a positive effect on aches, pains and fever. Recent studies have indicated that elderberry may have antiviral activity, increasing its value as a preventative measure.
- **Maitake Mushroom** - Maitake is a tonic and adaptogen, enabling the body to adapt to stress and resist infection. Maitake increases the activity of macrophages, T cells and NK cells. Its beta-glucans bind to receptors on macrophages and other white blood cells including NK cells and cytotoxic T-cells, which flips white blood cells on and triggers a chain reaction leading to increased immune activity.
- Please visit our website for references.

Cautions:

These are generally well tolerated ingredients in the dose prescribed. Please consult your doctor if you have any specific questions or concerns about your suitability. As with all foods, herbs and supplements, allergies may exist. Some studies suggest that taking Echinacea on an ongoing basis can decrease its effectiveness therefore some prefer to take on a 6-12 week cycle with one week off.

- This supplement does NOT contain corn, dairy, gluten, soy, wheat or yeast.

Immune Boost

60 vcaps

Servings Per Container: 60

Serving Size: 1 capsule

Suggested Use: Take 1 capsule, 2 times per day, or as directed.

Ingredients	Dose Per Serving	Daily Amounts
Zinc (Citrate)	1.25 mg	2.5 mg
Selenium (L-Selenomethionine)	12.5 mcg	25 mcg
Vitamin D3	500 iu	1000 iu
Setria Reduced L-Glutathione	50 mg	100 mg
Acerola 17%	200 mg	400 mg
Echinacea Angustifolia 4%	125 mg	250 mg
Olive Leaf 20%	100 mg	200 mg
Elderberry 10%	75 mg	150 mg
Maitake Mushroom 4:1	125 mg	250 mg