

## DESCRIPTION:

The immune system is the body's ultimate defense against infectious agents such as bacteria and viruses. Good nutrition, exercise and vitamin supplements can help us live longer, stronger and be less prone to infection and disease.

Colds and influenza are the number one reasons people lose workdays in the U.S. Americans spend \$1 billion annually on more prescription treatments for coughs, colds, and flu. Many have unwanted side effects.

Fortunately nature has given us safe effective nutrients that help support our immune systems, protecting us from colds, flu and allergies.

## ACTIVES:

**Vitamin A** – enhances immunity and protects against colds, influenza and infections. Vitamin A is an antioxidant that protects cells from disease. This vitamin enhances lymphocyte function and is needed for epithelial tissue maintenance and repair. Vitamin A helps thin mucus and is important to the health of the mucus membranes.<sup>1,2</sup>

**Vitamin C** – supports the immune system in several ways. Vitamin C promotes the production of white blood cells. The nutrient aids in interferon production. Interferon is our body's main defense against viruses. Vitamin C increases the response of T-Lymphocytes. Many studies have shown vitamin C's benefits to the immune system. The fact that people's tolerance for vitamin C during times of infection or inflammation increases, suggests that the body somehow has the wisdom to know that it needs more vitamin C and will use it if you provide it. The highest concentration of vitamin C is in the adrenal glands. Vitamin C supplementation is important nourishment for the adrenal glands during stressful times such as infection fighting. One study showed that vitamin C was most beneficial in those people with a frequent history of infections.<sup>3,4,5</sup>

**RNA** – called ribonucleic acid, is found in every living cell. RNA became known as an important and effective virus fighting substance many years ago by Dr. Samuel Baren, a virologist at the National Institute working in conjunction with New York Medical College. Dr. Baren and the N.I.H. announced that RNA stimulates the body's own virus fighting system called interferon to work harder and do a better job warding off diseases. Interferon is the body's main defense against viruses.

**Echinacea** – one of the most widely known immune supporting herbs, exerts some direct antimicrobial action but primarily boosts immune-cell activity and prevents bacterial enzymes from breaking down the body's tissues.<sup>6,7</sup>

### 60 capsules per bottle

#### Two capsules provide:

Vitamin A (Acetate)	2000 IU
Vitamin C (Ascorbic Acid)	500 mg
Vitamin B12 (Cyanocobalamin)	150 mcg
Zinc (Arginine Chelazome)*	10 mg
Pantothenic Acid (d-calcium pantothenate)	25 mg

#### Proprietary Blend:

Echinacea Augustifolia, Astragalus (Std. Extract), L-Lysine, Hesperidin 98%, Quercetin 98%, RNA, Thymus (Lypholized), N-acetyl-L-cysteine, Chlorophyll, Bee Propolis, Garlic (Pure Gar), Spleen (Lypholized), Bone Marrow (Lypholized)	1060 mg
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\*Zinc Arginine Chelazome is a registered trademark of Albion Laboratories.

**Astragalus** – has been used in China for over 2,000 years for the treatment of flu and upper respiratory diseases. Astragalus is widely used to increase resistance to disease and infections, treat viral conditions and restore depressed immunity. Astragalus is used by those who experience repeated infections, degenerative diseases, and inability to withstand stress.

**Zinc** – accelerates the growth of immune cells while inhibiting the replication of the cold-causing rhinoviruses. Zinc also helps maintain the health of the thymus gland and improves the function of lymphocytes and phagocytic immune cells, all of which are vital to immune system function.<sup>8,9,10</sup>

**N-acetyl-L-cysteine (NAC)** – has been used clinically since the 1960's as a mucus thinner and also therapeutically for preventing respiratory disease. Researchers at the Universities of Genoa and Padua in Italy recruited 262 men and women from 20 medical centers. The six-month study began in late 1991. Each subject received either a placebo or 600 mg NAC twice daily. Only 29 percent of those taking NAC developed a flu like clinical syndrome, compared with 51 percent of placebo-treated subjects. Among subjects whose antibody tests showed definite exposure to the 1992 influenza virus, only 25 percent of those taking NAC reported symptoms vs. 79 percent of those taking placebo.<sup>11</sup>

**L-Lysine** – has a tremendous ability to fight and prevent the outbreak of cold sores and herpes virus. Doctors Chris Kagen and R.W. Tenkersley found that L-Lysine supplementation suppressed symptoms of herpes in 96% of the patients tested. Several patients studied for three years had a complete remission of herpes. The patients were symptom free while on lysine, but found within one to four weeks of stopping lysine, the lesions returned.

# Immu-Forte continued...

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## CLINICAL INDICATIONS:

- *Immune system fortification*
- *Prevention of colds and flu*
- *Reduced severity and duration of symptoms of colds and flu*
- *Cold sore protection*
- *Resistance to allergies*
- *Nutritional support for sinusitis and bronchial congestion*
- *Promotes a healthy upper respiratory track*

## SUGGESTED USAGE:

Upon symptom onset: Take 3 capsules every 4 hours during waking hours

As Preventative: Take 2 capsules daily with or without meals

**CONTRAINDICATIONS:** Pregnancy

**DRUG INTERACTIONS:** Immunosuppressants, Cyclosporine, & Corticosteroids

## REFERENCES:

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8. Eby GA. Zinc lozenges are cure for common colds. *Ann Pharmacother* 1996; 30: 1336-8.
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11. De Flora S, et al. Attenuation of influenzalike symptomatology and improvement of cell-mediated immunity with long-term N-acetylcysteine treatment. *Eur respir J* 1997; 10:1535-41.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

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