



Essential 8's

Immune Support

Immune Support combines Eastern and Western ingredients to support the body's natural defense systems by enhancing immunity.* Vitamins, trace elements, and bioactive compounds provide the micronutrients and beta-glucans essential to support healthy immune function.*^{1,2}

How Immune Support Works

Immune Support combines vitamins C and D with trace elements zinc and selenium to create a product with potent immune support.^{3,4} To further support healthy immune function, a proprietary blend of various extracts of mushrooms traditionally found in Eastern medicine has been included in Immune Support.*⁵

The micronutrients in Immune Support help to support the body from free radicals and enhance cellular immunity.*¹ Vitamin C and zinc work together to provide support from free radical insult. Cellular immunity is supported by the combination of vitamin D, zinc, and selenium.*¹

While mushrooms have been used in Eastern medicine for centuries to support immunity, recent clinical studies reveal their bioactive potential and health-promoting properties.*⁶ Specifically, the beta-glucans bound to amino acids are bioactive molecules that support immune function.*^{7,8} Research further shows that mushrooms provide exceptional nutritional efficacy in supporting a healthy immune system.*⁹

Immune Support Supplementation

Clinical evidence shows that supplementing with vitamins C, D, and niacin as well as trace elements zinc and selenium may support immune functioning.*¹ Centuries of using mushrooms for their beneficial properties and modern clinical evidence reveal their potent ability to support a healthy immune system.*⁵

The research cited herein shows that supplementation with Immune Support may help:

- Support overall immunity*
- Support the body from oxidative stress and free radical insult*
- Provide micronutrients and bioactive compounds essential for healthy immune function*



Form: 90 Tablets

Serving Size: 1 Tablet

Ingredients	Amount	%DV
Vitamin C (as ascorbic acid, sodium ascorbate, calcium ascorbate, magnesium ascorbate, and potassium ascorbate)	333 mg	370%
Vitamin D3 (cholecalciferol)	8.33 mcg (333 IU)	42%
Zinc (as zinc citrate)	5 mg	45%
Selenium (as l-selenomethionine)	67 mcg	122%
Mixed Mushroom Blend: Reishi (fruiting body; <i>Ganoderma lucidum</i>), Shiitake Mushroom (fruiting body; <i>Lentinus edodes</i>), Fu-Ling Mushroom (sclerotium; <i>Poria cocos</i>), Turkey Tail Mushroom (fruiting body; <i>Coriolus versicolor</i>), Oyster Mushroom (fruiting body; <i>Pleurotus ostreatus</i>), <i>Cordyceps sinensis</i> (mycelium), Maitake Mushroom (fruiting body; <i>Grifola frondosa</i>)	217 mg	*
Olive Leaf Extract (leaf; <i>Olea europaea</i>) (75% oleanolic acid)	60 mg	*

Other Ingredients:

Microcrystalline cellulose, tapioca starch, croscarmellose sodium, stearic acid, dicalcium phosphate, hydroxypropyl methylcellulose, vegetable magnesium stearate, silica, glycine.

Directions:

Take one tablet daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A
cGMP FACILITY

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

References:

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3. Maggini, S., Beveridge, S., & Suter, M. (2012). A combination of high-dose vitamin C plus zinc for the common cold. *The Journal of International Medical Research*, 40, 28-42.
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7. Rathora, H., Prasad, S., & Sharma, S. (2017). Mushroom nutraceuticals for improved nutrition and better human health: A review. *PharmaNutrition*, 5(2), 35-46.
8. Meschino, J. P. (2002). Reishi mushroom extract and immune support. *Dynamic Chiropractic*, 20(12).
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