



Immune Support

Immune Support Supplementation

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}

Clinical evidence shows that supplementing with vitamins C and D, as well as the trace elements zinc and selenium, may support immune function.*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*

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, Immune Support features a proprietary blend of mushroom extracts traditionally used in Eastern medicine.*⁵

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



Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 90

	Amount Per Serving	%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.



PRODUCED IN A
cGMP FACILITY



NON-GMO



GLUTEN-FREE



DAIRY-FREE

References:

1. Maggini, S., Wintergerst, E. S., Beveridge, S., & Hornig, D. H. (2007). Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. *British Journal of Nutrition*, 98(S1), S29-S35.
2. Feldman, S., Schwartz, H. I., Kalman, D. S., Mayers, A., Kohrman, H. M., Clemens, R. (2009). Randomized phase II clinical trials of wellmune WGP[R] for immune support during cold and flu season. *Journal of Applied Research*, 9(1-2).
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.
4. Prietl, B., Treiber, G., Pieber, T. R., & Amrein, K. (2013). *Vitamin D and immune function*. *Nutrients*, 5, 2502-2521.
5. Eliaz, I. (2010). The healing power of medicinal mushrooms: Immune support for cancer, colds and lifelong health. Santa Rosa, CA: *Better Health Publishing*.
6. Reis, F. S., Martins, A., Vasconcelos, M. H., Morales, P., Ferreira, C. F. R. (2017). Functional foods based on extracts or compounds derived from mushrooms. *Trends in Food Science and Technology*, 66, 48-62.
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).
9. Thakur, M. P., & Singh, H. K. (2013). Mushrooms, their bioactive compounds and medicinal uses: A review. *International Journal of Phytomedicines and related industries*, 5(1), 1-20.

* 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.

For more information, visit: nutribest.us