

## **NUTRIENTS THAT SUPPORT THE IMMUNE SYSTEM**

*The Center for Disease Control has issued a strong warning to stop over-using antibiotics. This push comes in the form of guidelines from the federal Centers for Disease Control and Prevention, which now believes that the overuse of antibiotics is contributing to an alarming rise in the number of diseases that are impervious to drugs. The CDC recommended improvements in basic housekeeping, focusing on phones, dirty walls and patient charts, and suggested that physicians should not prescribe antibiotics for the treatment of colds, where they have little value. The guidelines said that doctors should not prescribe antibiotics in low doses or for short periods*

### **\_ Scientifically Advanced Vita-Lea (with and w/out iron)**

Provides a comprehensive balance of essential nutrients. Vita-Lea's bioavailability has been proven through independent clinical research. Contains gentler, better tolerated forms of zinc and protein-bound trace minerals for easier digestion.

### **\_ Vita-C, 500 mg. Sustained Release**

Antioxidant property protects the body against free radicals. Boosts the immune system, infection fighter, natural antihistamine, increases the resistance to ligament and tendon injury. Vitamin C is depleted by stress such as infections, illness, fatigue, surgery, anxiety, pollution and extremes in temperature. As we age, there is a greater need to

regenerate collagen which requires more vitamin C.

### **\_ Immune Building Complex ( Nutriferon)**

Developed and extensively tested by immunologists in Japan, an exclusive, proprietary blend of natural plant extracts from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds, which has been clinically proven to support and stimulate the natural immune response process at the cellular level. Supports and stimulates the immune system, by increasing the activity of macrophages and inducing natural interferon production. Optimizes immune response against environmental irritants and airborne substances (as with allergies and asthma). Completely safe – no adverse reactions to these plant extracts ever recorded

### **\_ Formula I**

The American diet is low in immunoactive nutrients which are known to help nourish the immune system. Immunity Formula I contains the key vitamin and minerals that support the immune system. Reduces frequency, severity and duration of illness. Speeds wound healing and may reduce allergy symptoms.

### **\_ Garlic Complex**

Two-way odor control with a gentle, temperature-controlled drying process and with a pleasant blend of spearmint and rosemary extracts. Historically, has been used for congestion, asthma, sinusitis and allergies, colds, flu and pneumonia, sore throat and bronchitis. Has anti-bacterial and anti-fungal properties and is effective against yeast infections (Candida). Nature's strongest natural antibiotic.

### **\_ Optiflora**

This advanced colon care system contains Acidophilus and Bifidus, essential friendly bacteria that ideally live in our lower intestines. Research shows, however, that most adult Americans only retain about 15% of these microflora, rendering our bodies (and especially our immune systems) vulnerable to toxic build-up. The Optiflora system also includes the prebiotic FOS and inulin to provide nutrients that selectively feed the good

microflora for rapid colonization. It is the only product of its kind to guarantee delivery of live beneficial microflora to the intestines, due to its unique triple encapsulation that protects these essential bacteria from the acidity of the stomach.

**\_ Defend & Resist Complex** (Echinacea )

Promotes production of white blood cells, enhances resistance to infection, viral and bacterial, especially flu and herpes; reduces mucus. Works best when started at the onset of cold or flu symptoms. Can be used effectively for up to 10 days at a time

**Other nutrients to consider**

**\_ CarotoMax**

Essential for healthy mucosal membranes in the digestive, respiratory and reproductive tracts. Reduces susceptibility to infection, allergies, bronchitis, asthma, ear infection and skin disorders. Contains other naturally occurring carotenoids such as alpha carotene and other types of beta-carotene.

**\_ Flavomax**

These powerful antioxidants increase the power of the immune system to fight infection, are natural antihistamines, are antiviral and antibacterial because they interfere with the actual mechanism of some of these organisms, lower risk of many cancers including gastric cancer. Even little ones who may not list vegetables in their top 10 favorite foods can still get the benefits of vegetables in a capsule that can be opened and the antioxidant-rich powder poured in their juice or morning Protein Shake.

**\_ Vita-E Complex**

Anti-oxidant that protects against cell damage. Helps to prevent heart disease, Parkinson's; protects lungs from air pollution, protects cells from premature aging, helps cystic breast disease, improves circulation, promotes healing. Our immune systems decline with age. Vitamin E enhances immune responsiveness in the elderly. Shaklee's Vita-E is in a natural d-alpha form and is more biologically active than synthetic vitamin E. Provides the full spectrum of tocopherols found in nature

**Use Basic-G Germicidal Cleaner In Your Home**

Cleans, disinfects and deodorizes in one step. Basic-G kills 33 different types of germs, including feline leukemia and canine parvovirus. In laboratory conditions using E Coli, resistant bacteria that contaminates meats, Basic-G killed the organism and continued to work for three days after the initial use. Household bleaches lose their effectiveness within one hour. Spray on kitchen counters after preparing meats to prevent risk of E Coli contamination.