

cold & flu

Arm Your Immune System with AHCC

By Sara Lovelady

Prepare for Cold and Flu Season with AHCC. It's amazing how something so little can wreak so much havoc. The viruses that cause colds and flu are invisible to the naked eye, yet they can keep you sidelined for days. Before you douse yourself in gallons of hand sanitizer, keep in mind that you can't avoid contact with viruses and bacteria completely. But you can get your immune system to fight back. **Case in point: AHCC.**

What is AHCC?

AHCC, short for Active Hexose Correlated Compound, is a nutritional supplement that has been extensively studied for its ability to keep viruses, bacteria, and fungi from taking up residence in the body. So you can think of AHCC as your own personal bodyguard against infection. Obtained from several sub-species of hybridized medicinal mushrooms, AHCC has become Japan's #1 immune supplement and is now widely used in the United States and worldwide.

Unlike antibiotics and anti-viral drugs, which are outside agents that kill pathogens, AHCC has the unique ability to boost your own internal ability to fight off bad bugs. Want proof? This unique

compound has been the subject of **27 positive studies published in peer-reviewed scientific journals** recognized by the National Institutes of Health.

Your Immune Army

To understand how AHCC works, think of your immune system as an army. First, there are the **Border Guards:** the dendritic cells. They live on the borders of your body — like your skin, your GI tract lining, and your nasal passageways — where they capture foreign invaders. Then, there are the elite **Special Forces:** the natural killer cells. As the name implies, these cells are trained to kill. When they encounter infected or abnormal cells, they blow them up on the spot.

And finally, there's the **Army Surveillance Unit** — a set of messengers called

cytokines that mobilize the whole infantry of white blood cells to the battlefield.

AHCC works by strengthening all three of these army units at once. Human studies have shown that AHCC boosts levels of dendritic cells, regulates cytokines, and amps up natural killer cell activity.*

AHCC with the Flu Shot

If you think you don't need AHCC because you're going to get a flu shot this Fall, think again. A new human clinical trial at Michigan State University found that flu vaccine recipients who took AHCC afterwards had a stronger immune response than those who had the flu shot alone. This trial alongside numerous other studies on the benefits of AHCC suggest that AHCC can provide a strong immune benefit for both — individuals who get the flu shot and those who don't.

So with the cold and flu season upon us, now is the time to add AHCC to your daily regimen.