

RPG Immune Defense™

Our bodies depend on the care we give them to be able to maintain optimal health. Not only we need to help the body stay healthy by moving and exercising but we also need to provide the nutritional elements it needs to perform the functions to what is designed for.

A gasoline car will not work -or at least not well- if we put diesel in the tank and if do not oil and maintain it.

Likewise, our body will not work well if we do not provide the nutrition and exercise it needs

One of the many, complex, interconnected systems our body has is the immune system. A good functioning immune system is fundamental for optimal health and longevity.

Science has continuously gained understanding of how wonderfully complex the relationships and connections are within our own bodies being able to determine that we are a whole ecosystem within ourselves, sort of an Inner Universe with multiple players all with very important roles. Did you know that according to scientific studies we now know that there are [more living cells within ourselves](#) are not human cells but living micro-organisms that depend on us to live just as much as we depend on them for our healthy living? Science has determined that especially the immune function is heavily reliant on this host of microbes living within us and that unbalances in the relative populations of the many players involved could result in poor health.

These microorganisms need to be fed by us through our diet, they help us as much as we help them. Two of the Ingredients in RPG Immune Defense provide excellent nutrition to our micro-biome to keep them thriving and healthy. One of them is Turmeric, originally from Asia, has been used in cuisine and herbal remedies, particularly in India for thousands of years and it is not until recently that science has started to unravel the [potential of this marvelous herbal food](#). It has anti-oxidant properties and helps the better function of the immune system.

The other food is Aloe vera. Clearly Aloe vera needs to be properly processed in order to retain all its natural benefits and RPG-Aloe™ is one of the best when it comes to natural biological activity. Aloe is another food that has been known to mankind since Biblical times. Scientific studies continue to uncover the many benefits RPG-Aloe™ has to offer as a specialized nutrient to [feed the colonic bacteria](#) and help our bodies bring [optimal function to our immune system](#). Furthermore, scientific studies have also shown that when RPG-Aloe™ is taken together with water and oil soluble Vitamins it [helps improve the absorption](#) of both classes of Vitamins.

RPG-Aloe™ not only works helping the body absorb Vitamins better. RPG-Aloe™ provides optimal nutrition for our immune system helping the body optimize the function of this critical system of our body. An optimally functioning immune system is capable of defending the body from daily challenges such as exposure to toxins or injury. These challenges normally trigger a response from our body in the form of release of certain alarm chemical messengers such as cytokines that need to be controlled by the body by reaching balance after the initial response. A response that is too intense as well as a response that is not strong enough may be consequences of a poorly functioning immune system. RPG-

Immune Defense™ provides nutritional supplementation that contribute towards an optimal immune function.

Science has also determined that while our body's many systems can wonderfully make the many different types of molecules it needs to work from basic forms of food, it also has determined that some of these nutrients must be supplied by what we eat as we cannot make these.

Vitamins and minerals are good examples of these vital nutrients our body cannot manufacture and so we need to provide in the diet. While it is true that the human body can make some vitamins, for example, Vitamin D, the truth is most of the Vitamins and all of the Minerals we need must be supplied by our diet. Our body makes Vitamin D when we get our skin exposed to sunlight, however modern living limits sun exposure for most people, and people living in high latitudes do not get enough sunlight during the winter periods so Vitamin D must be supplemented in the Diet however the natural dietary sources of Vitamin D such as salmon are often not consumed enough so not surprisingly a large sector of the population has a [chronic Vitamin D deficiency](#). Synthetic Vitamin D supplementation [is not considered to be as good](#) as natural Vitamin D. One of the best natural sources of [Vitamin D is from mushrooms](#). The particular species of mushrooms used in RPG-Immune Defense™ formulation produces its Vitamin D in the form of Vitamin D2 when exposed to sunshine. This form of the Vitamin is then processed by our body to convert it to biologically active Vitamin D.

Vitamin D deficiency has been associated with a [host of health problems including bone](#) loss, mood alterations, fatigue, muscle cramps and [immune deficiencies](#). The FDA has doubled the Daily Value Intake for Vitamin D in their nutritional [review issued in 2020](#).

Vitamin C is another one of the nutrients that received an increase in the Daily Value from the FDA. Humans cannot produce or accumulate Vitamin C and so the daily needs must be supplied **every day** by our diet. Vitamin C plays a critical role in many functions of the body including [healthy immunity](#). It is also known that when our bodies are under stress, Vitamin C is quickly depleted so it is very important to supply enough to ensure the body has what it needs to recover as fast as possible. Furthermore it has shown that there are many co-factors that are needed for Vitamin C to be efficiently absorbed by our body so to just supply the Vitamin C molecule -Ascorbic Acid- is not nearly as good as to supply it in a natural way so that our body can more readily absorb it. As we have learned in many other cases, Mother Nature knows its way as the best sources of Vitamin C are natural sources where the Vitamin comes together with other co-factors that allow the body to fully utilize it. One of the best of such Natural Sources is the [Acerola fruit](#). Acerola fruit grows in the tropics in Central and South America. It is one of the richest sources of Vitamin C in Nature and it is also rich in a plethora of phytonutrients like carotenoids phenolics, anthocyanins, and flavonoids. This amazing fruit has 50 to 100 times the concentration of Vitamin C found in most citrus, including lemons and oranges. Carotenoids are used by our body to make Vitamin A and phenolics and Anthocyanins have important anti-oxidant properties that may help the body do better when subject to the stresses of life including helping our body control oxidative stress.

[Zinc](#) is a trace mineral that is second only to Iron in concentration and needs in our body but different from Iron, [our body cannot store Zinc](#), so the daily needs must be supplied every day. Zinc is present in cells through the body and it is essential for the proper functioning of the immune system. It is

important in vital functions of the body such as the metabolism of carbohydrates, cell division, cell growth and wound healing. [Zinc Homeostasis](#) is of fundamental importance as a deficiency impairs many vital functions of the body including immunity and memory but over ingestion may also impair some of the very same vital functions. RPG Immune Defense™ is formulated with an optimal amount to ensure proper supplementation.

One of the main obstacles for proper Zinc supplementation is bio-availability. Bio-active Zinc allows the body to optimally utilize the Zinc provided in the nutrient. RPG Immune Defense™ Zinc from Yeast [has been shown in scientific studies](#) to be one of the most bioavailable forms of Zn. It is naturally produced and Organically bound making it biologically activated Zinc for better absorption and functionality.

