

# IMMUNE HEALTH HANDBOOK



natural  
**Factors**





# INDEX

- 4 The Immune System**
- 6 Common Sense Immune Habits**
  - 6 Personal Hygiene and Immune Health
  - 7 Healthy Eating and Immune Health
  - 10 Physical Activity and Immune Health
  - 12 Sleep and Immune Health
  - 14 Stress Management and Immune Health
- 18 Putting It All Together**
  - Immune Protocol Charts for Children, Adults, and Seniors
- 21 Natural Health Product Guide for Immune Support**
- 35 Recipe**
- 36 References**

---

This information is provided for educational purposes only, and is not intended for self-diagnosis or self-treatment of conditions that should be assessed and treated by your health care practitioner. While the information contained in this document has been carefully reviewed and reflects current clinical and scientific knowledge, it is subject to change.

© All rights reserved – Natural Factors Nutritional Products Ltd.

**Enquiries:** [CustomerServiceNF@naturalfactors.com](mailto:CustomerServiceNF@naturalfactors.com)

# THE IMMUNE SYSTEM

Your immune system is essential for your protection and survival. Imagine not being able to defend yourself against bacteria, viruses, and parasites! Fortunately, your immune system works to prevent these foreign invaders from entering the body and protects against their potentially harmful effects.

The immune system is made up of a collection of cells and organs found throughout the body. Lymph nodes and vessels, the spleen, tonsils, thymus, and gut are all part of this essential system. In fact, the immune system has three lines of defence:

## 1. PHYSICAL AND CHEMICAL BARRIERS (innate immunity)

The first line of immune defence includes physical and chemical barriers that are present at birth. The skin, hair, and mucus membranes, along with digestive and respiratory tracts, are examples of your body's physical barriers, while saliva, gastric acid, bile, and sweat act as chemical barriers to protect against foreign invaders.

## 2. NON-SPECIFIC RESISTANCE (innate immunity)

The second line of immune defence is also present at birth and is called non-specific resistance. This type of immunity is activated immediately or within hours of invasion of bacteria, viruses, or parasites to help your body defend itself. Inflammation and fever commonly occur during this stage of defence.

## 3. SPECIFIC RESISTANCE (acquired immunity)

The third line of immune defence is specific resistance, which is part of your acquired immunity. Acquired immunity is learned as your immune system encounters different bacteria, viruses, or parasites and produces immune responses. This type of immunity refers to your body's ability to defend itself from certain types of pathogens. T cells and B cells are specific white blood cells that are involved in acquired immune responses.



Many factors influence your immune system's response to foreign invaders. The status of each factor can determine how your body acts when it encounters a microbe and tries to defend itself.

## WHAT IS THE DIFFERENCE BETWEEN THE COMMON COLD, FLU, AND SEASONAL ALLERGIES?

Whether you have the common cold, flu, or allergies, your immune system is involved! These conditions often have similar symptoms; however, they have different root causes and require different prevention and treatment approaches. Use this chart to learn more about the similarities and differences between the common cold, flu, and allergies.

SYMPTOMS	COLD	FLU	SEASON ALLERGIES
<b>Length of symptoms</b>	Less than 14 days	7–14 days	Several weeks
<b>Fever</b>	Short period	Common	No
<b>Headache</b>	Rare	Common	Sometimes (from sinus pain)
<b>Body aches and pains</b>	Common	Common	No
<b>Feeling tired or weak</b>	Sometimes	Common	Sometimes
<b>Runny or stuffy nose</b>	Common	Sometimes	Common
<b>Sneezing</b>	Common	No	Common
<b>Sore throat</b>	Common	Sometimes	Sometimes (mild)
<b>Cough</b>	Common (mild)	Common (often dry)	Rare



# COMMON SENSE IMMUNE HABITS

## PERSONAL HYGIENE AND IMMUNE HEALTH

**SUPPORT ORAL HEALTH – Follow the Canadian Dental Association’s five recommendations**

- › Visit the dentist regularly.
- › Eat a well-balanced diet (check out our healthy eating recommendations).
- › Check your mouth regularly for gum disease and oral cancer.
- › Limit alcohol, and avoid smoking, smokeless tobacco, and vaping.
- › Brush your teeth twice per day using a fluoride toothpaste and floss 1–2 times per day.

**WASH YOUR HANDS – Follow these five steps**

- 1 Wet your hands with clean, running water, then turn off the tap and apply soap.
- 2 Lather your hands by rubbing them together with the soap. Don’t forget the backs of your hands, between your fingers, and under your nails.

- 3 Scrub your hands for at least 20 seconds. Need help? Hum the tune for “Happy Birthday” or “ABCs” from beginning to end twice.
- 4 Rinse your hands well under clean, running water.
- 5 Dry your hands using a clean towel or air dry them.

**HELP PREVENT THE SPREAD OF GERMS AND NAIL INFECTIONS**

- › Keep your nails short and trim them weekly.
- › Scrub the underside of your nails with soap and water with each handwashing.
- › Avoid biting or chewing your nails.
- › Avoid cutting the cuticles, as they act as barriers to prevent infection.
- › Never rip or bite a hangnail; always use a clean, sanitized nail trimmer.

**MAINTAIN BODY CLEANLINESS**

- › Shower or bathe daily (or every other day) to help remove dirt, sweat, and germs.





- › Replace loofahs, washcloths, and towels regularly.
- › Wash your face daily with an appropriate face cleanser.
- › Wash your hair as needed.
- › Become knowledgeable about personal care products, including lotions, toothpaste, body wash, shampoo, deodorant, makeup, and other products that you use daily.

According to the Environmental Working Group (EWG), women use an average of 12 personal care products a day, exposing themselves to 168 chemical ingredients; and men use 6 personal care products a day, exposing themselves to 85 chemical ingredients.<sup>1</sup> When purchasing personal care products, try to choose items free of chemicals such as parabens, formaldehyde, fragrances, and heavy metals.

#### **OTHER HYGIENE TIPS**

- › Clean your living space regularly, including counters, floors, tables, sinks, showers, and doorknobs. Clean with soap and water, water and

vinegar, essential oils, or other eco-friendly cleaning products that do not contain harsh chemicals. Always leave your shoes at the front door before entering any home.

- › Cover your nose and mouth with your elbow (not your hand!) when you cough or sneeze. This helps avoid spreading germs to those around you. Always wash your hands with soap and water after coughing and sneezing, and discard tissues after single use.
- › Don't share personal items with others, such as food, drinks, razors, towels, clothing, brushes, combs, or makeup, as this increases the likelihood of spreading infections.
- › Visit your health care practitioners regularly for checkups. Routine visits with your primary care physician, dentist, and other specialists will help deal with current health concerns and prevent future ones.

---

## **HEALTHY EATING AND IMMUNE HEALTH**

Your nutrition, diet, and immune system have a significant, complex relationship. Your food intake and nutrition status can specifically impact physical barriers such as the skin and gut, your immune system, and the microbiota, otherwise known as the community of microorganisms that benefit health.<sup>2</sup>

Healthy eating and meeting your daily nutrient requirements can help support a healthy immune system. Healthy eating also means eating natural foods that supply essential nutrients, such as protein, complex carbohydrates, healthy fats, vitamins, and minerals.

#### **When choosing high-quality foods, remember to choose:**

- › Fruits, such as apples, pears, berries, melons, tomatoes, and avocados.
- › Vegetables, such as leafy greens,

broccoli, zucchini, peppers, and mushrooms.

- › Healthy proteins (for you and the planet), such as sustainably farmed, organic, or wild lean cuts of meat, and wild or sustainably caught seafood.
- › Legumes, such as lentils, beans, and peas.
- › Starchy vegetables, such as potatoes, corn, squash, plantains, sweet potatoes, and yams.
- › Whole grains, such as oats, brown or wild rice, quinoa, millet, and amaranth.
- › Grass-fed dairy products, such as milk, yogurt, cheese, and butter, or dairy alternatives, such as coconut milk, oat milk, and almond milk.
- › Organic or farm-fresh eggs.
- › Nuts, such as almonds, walnuts, and pecans, and seeds, such as flax, pumpkin, and chia.
- › Herbs and spices, such as oregano, cilantro, cinnamon, pepper, ginger root, and turmeric.

- › Plant oils, such as virgin olive oil, cold-pressed coconut oil, avocado oil, grapeseed oil, and flaxseed oil.
- › Fermented foods, such as sauerkraut, kimchi, tempeh, and kombucha.

#### **And try to avoid:**

- › Processed foods, such as packaged foods and processed meats and cheeses.
- › Refined foods, such as white flour goods, commercial breakfast cereals and granola bars, cookies, candy, and chips.
- › Sugary beverages, such as pop, sweetened fruit juice, sports beverages, and energy drinks.

### **HEALTHY FOOD PYRAMID**

#### **Include foundational supplements such as:**

- › Multivitamins, vitamin D, vitamin C, probiotics, magnesium, collagen, and omega-3 oil
- › Greens, proteins, and other wholefood supplements

**Choose water** as your main beverage of choice. Use a variety of **herbs and spices**, and consume **healthy snacks**.

---

## **FOOD SPOTLIGHT**

### **FERMENTED FOODS: Support the microbiota and the immune system**

- › It is estimated that 70% of your immune system is located in your gut!<sup>3</sup> Therefore, an imbalance of your gut bacteria (also known as the microbiota) can impact the function of your immune system.
- › Probiotics are live microorganisms that support your microbiota. Fermented foods, such as sauerkraut, miso, kefir, yogurt, and kimchi, provide natural sources of probiotics.

- › Probiotics can also be found in standardized supplements. They have been shown to support the body during infections and reduce the side effects associated with the use of antibiotics, such as diarrhea.





- › Prebiotics are indigestible plant fibres that feed the good bacteria in the digestive system. Along with fermented foods and/or probiotic supplements, include prebiotic foods like garlic, leeks, asparagus, and bananas in your diet.

### **MUSHROOMS: A powerhouse of nutrients for immune support**

- › For 5,000 years or more, humans have eaten mushrooms. The nutrients in mushrooms are critical to promoting overall health, and they are also beneficial for the immune system, cognitive function, energy, and stress resistance.
- › Mushrooms provide vitamin D and B vitamins such as riboflavin, pantothenic acid, and niacin, along with minerals such as selenium, copper, and potassium. Mushrooms also provide protein and complex carbohydrates, including fibre.
- › Mushrooms include naturally occurring antioxidants (substances that protect your cells from free radicals), along with beta-glucan polysaccharides. Beta-glucans are “biological response modifiers” that improve your body’s response to infection.

- › Clinical research has found that reishi mushrooms in particular help protect immune system cells from oxidative damage.<sup>4</sup>
- › You can include medicinal mushrooms in your favourite soup, stew, and stir fry recipes, or look for a high-quality mushroom supplement.

### **GARLIC: The immunity helper**

- › Garlic has traditionally been used in herbal medicine to help relieve symptoms associated with upper respiratory tract infections and conditions related to inflamed mucus membranes such as nasal congestion. Garlic contains special active ingredients, called organosulfur compounds, which have been shown to inhibit the development of some viruses.
- › One study showed that 45 days of supplementing with a garlic extract significantly increased the concentration of immune cells compared to a placebo. After 90 days, participants experienced reduced cold and flu symptoms and missed fewer days of work or school compared to those taking the placebo.<sup>5</sup>
- › You can add raw garlic to soups, stews, and salads, or look for a reputable garlic supplement.



## PHYSICAL ACTIVITY AND IMMUNE HEALTH

Physical activity is another important way to support immune health. Research has found that regular moderate-to-intense exercise is associated with higher immune cell concentration and increased strength of the body's physical barriers, such as the mucus membranes.<sup>6</sup> Participating in regular physical activity also appears to reduce the risk of community-acquired infectious disease and infectious disease death. Regular sessions of short-lasting (i.e., up to 45 minutes), moderate-intensity exercises have been shown to support immune defence.<sup>7</sup>

Being physically fit involves improved flexibility, muscle endurance and strength, and cardiorespiratory fitness to meet your daily energy demands and support a healthy body.



TYPE OF EXERCISE	BENEFITS	EXAMPLES
<b>Flexibility</b>	<ul style="list-style-type: none"><li>• Improves range of motion</li><li>• Increases muscle strength</li><li>• Helps maintain proper posture</li><li>• Improves blood circulation</li><li>• Provides relaxation and stress relief</li></ul>	Stretching exercises, mobility exercises
<b>Muscle strength and endurance</b>	<ul style="list-style-type: none"><li>• Helps carry out activities with ease</li><li>• Increases joint and bone protection</li><li>• Improves bone density, reverses or prevents osteoporosis</li><li>• Helps maintain skeletal alignment more efficiently</li><li>• Reduces insulin levels and blood pressure</li><li>• Boosts metabolism and improves body composition</li></ul>	Squats, push-ups, lunges, sit-ups, plank
<b>Cardiovascular fitness</b>	<ul style="list-style-type: none"><li>• Helps reduce the threat of many chronic illnesses</li><li>• Decreases blood pressure, cholesterol, triglycerides</li><li>• Increases HDL cholesterol levels</li><li>• Decreases resting heart rate</li><li>• Decreases body fat</li><li>• Decreases stress hormones</li></ul>	Brisk walking, running, jogging, swimming, water aerobics, bicycling

**AGE****PHYSICAL ACTIVITY RECOMMENDATIONS****Preschoolers  
(3–4 years)**

- At least 180 minutes spent in a variety of physical activities throughout the day.
- Include at least 60 minutes of energetic play.

**Children and youth  
(5–17 years)**

- An accumulation of at least 60 minutes per day of moderate-to-vigorous physical activity involving a variety of aerobic activities.
- Include vigorous physical activities and muscle and bone-strengthening activities at least 3 days per week.
- Plus, several hours of a variety of structured and unstructured light physical activities.

**Adults  
(18–64 years)**

A variety of types and intensities of physical activity, including:

- Moderate-to-vigorous aerobic physical activities to make up at least 150 minutes per week.
- Muscle-strengthening activities using major muscle groups at least twice per week.
- Several hours of light physical activities, including standing.

**Older adults  
(65 years  
and older)**

- See recommendations for adults (18–64 years).
- Plus, physical activities that challenge balance.



## SLEEP AND IMMUNE HEALTH

There's no denying the importance of quality sleep, as the immune system and sleep work together. Sleep helps maintain your immune health, impacting both the innate and acquired immune defence systems. Chronic sleep disruptions affect immune balance and increase the risk of developing autoimmune, cardiovascular, and metabolic diseases. Getting sufficient sleep has been shown to reduce the risk of infectious disease and improve infection outcomes.<sup>8</sup>



## DID YOU KNOW?

### **Adults aged 18–64 need around 7–9 hours of sleep a night**

- › Losing even one hour of sleep can affect your ability to think properly and respond quickly, and affects immune function, cardiovascular health, appetite, and energy metabolism.

### **Children need more sleep, and seniors need a little less**

- › Infants can (and should) sleep for 14–17 hours a day, while seniors need 7–8 hours of sleep a night to function at their best.

### **Staring at a screen before bed affects sleep**

- › Using an eReader, tablet, or smartphone, or watching TV before bed can sabotage sleep. These devices emit blue light that makes your body think it's daytime, which disrupts your circadian rhythm and makes it harder to get to sleep.

## SOLUTIONS FOR INSOMNIA

- › Eliminate caffeine and other stimulants that disrupt sleep, and replace with herbal teas.
- › Incorporate routines at bedtime to help you relax, such as taking a bath, listening to relaxation music, or journaling.

- › Choose bedtime snacks wisely. Select high-protein foods, such as nut butters, Greek yogurt, or a protein smoothie to help balance your blood sugar levels and create a feeling of fullness. These foods also provide the amino acid L-tryptophan, which is involved in producing melatonin and serotonin. Bananas, chickpeas, and oats are melatonin-boosting foods and are also great bedtime snacks. Remember to avoid heavy meals, sugar, and alcohol before bed.
- › Create a calm sleep environment for a good night's rest. Make sure you have a comfortable mattress and pillow and minimize all light by covering windows with blackout shades and removing night lights. Maintaining an appropriate room temperature, removing electronics, and reducing noise disruptions all help promote a better night's sleep.
- › Consider using natural health products that support stress and sleep, such as melatonin and magnesium.
  - Melatonin helps maintain normal circadian rhythms or sleep/wake cycles, basically helping your body determine when it is time to sleep and when it is time to wake up. Unfortunately, the level of melatonin in the body decreases with age. Supplementation with melatonin before bedtime has been shown to reduce the time it takes to fall asleep and increase total sleep time.
  - Insomnia and restless leg syndrome have been associated with deficiencies of magnesium. Magnesium can calm the nervous system and support relaxation.

## STRESS MANAGEMENT AND IMMUNE HEALTH

Have you ever gotten sick after experiencing a lot of stress? This is quite common and is known as the “Let-Down Effect.” When you experience acute stress, your body produces chemicals to protect itself, helping to eliminate pathogens to prevent infections and promote healing. However, chronic stress can lead to higher levels of inflammatory chemicals that negatively impact the immune system. In such cases, the immune system is less able to fight off different infections, and there is an increased risk of chronic disease.<sup>9</sup>

As stress significantly impacts immune health, it’s crucial to follow strategies that will reduce its effects, such as healthy eating, nutrient support, and physical activity.

### SOLUTIONS FOR STRESS MANAGEMENT

› **Eat clean.** Proper nutrition can counterbalance the negative impacts of stress by supporting your immune system, stabilizing mood, and balancing blood sugar levels. Choose whole grains to get your B vitamins, including pantothenic acid (vitamin B5); organic fruits and vegetables for their sugar-balancing fibre, vitamin C, and phytonutrients; lean proteins for immune support; and foods rich in omega-3 fats such

as wild fish, chia and flax seeds, and walnuts to reduce inflammation.

› **Balance blood sugar levels.** The most significant internal stressor is blood sugar fluctuation. Avoid refined sugars and processed foods that can cause spikes and drops in blood sugar, leading to unnecessary spurts in cortisol (the stress hormone). Minimize blood sugar imbalances by eating at regular times, incorporating good quality protein with each meal, choosing low-glycemic index foods, such as apples, oats, and carrots,







and increasing your fibre intake with whole grains or supplemental fibre.

- 】 **Stay hydrated.** Did you know you are more likely to become dehydrated when under stress? Be proactive and drink water and herbal teas throughout the day, and minimize caffeine, alcohol, and sweetened energy drinks that can cause dehydration and disrupt your blood sugar levels.
- 】 **Be physically active.** Exercise is an excellent way to reduce stress hormones like cortisol and adrenaline, and increase endorphins that are the body's natural painkillers and mood elevators. Regular exercise for 20–30 minutes a day can improve circulation, increase self-confidence, promote relaxation, and help you feel happier. Engage in activities that you enjoy and can do at home if you need to, such as dancing or circuit training.
- 】 **Seek micronutrient support.** Physical and mental stress may cause the body to use up more vitamins and minerals, especially B vitamins and magnesium. This can contribute to stress-related health problems such as general malaise, fatigue, muscle tightness, and the inability to focus.
  - Vitamins B5 and C are important for a healthy stress and antioxidant

response. These are water soluble, which means your body doesn't store them well and you need to consume them daily from wholefoods and supplementation.

- Magnesium is known as the anti-stress mineral, and low magnesium levels have been associated with stressful conditions. Unfortunately, most North Americans do not get enough magnesium through their diets, making supplementation an ever-important source.

- 】 **Get enough sleep.** Sleep disruptions can lead to an increase in the stress hormone cortisol.<sup>10</sup> Elevated cortisol caused by stress can then lead to decreased production of melatonin. Melatonin is the neurohormone that helps you fall and stay asleep, and low levels of melatonin can result in sleep difficulties such as problems falling or staying asleep at night. It's important to prioritize getting 7–9 hours of sleep each night. This rest is necessary to be able to combat stress throughout your waking hours. Melatonin in a supplement form taken before bed can help ease you into sleep with no habit-forming effects.
- 】 **Manage inflammation.** Research shows that increased levels of stress can increase inflammation in the body. In turn, inflammation can intensify the stress response and potentially increase the risk of anxiety and low mood. Omega-3 fatty acids, curcumin, and boswellia, along with eating anti-inflammatory foods such as leafy green vegetables and berries, can help regulate inflammation in the body.
- 】 **Support your microbiota.** Did you know there is a connection between your gut and brain? There is bidirectional communication between the brain and the enteric nervous system (the nerves found in

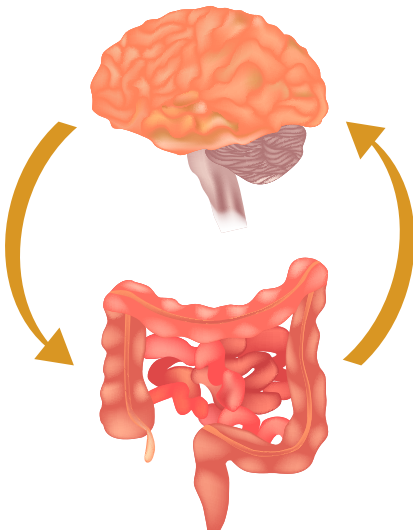


and around the gastrointestinal tract), known as the gut-brain axis.<sup>11</sup>

- 】 **Adapt to stress with herbal support.** Adaptogens are a class of herbs that support your adrenal glands and improve your body's ability to handle physical and mental stress.
- 】 Ashwagandha, rhodiola, and maca are examples of adaptogens that help relieve stress and promote relaxation.
- 】 Nutrients involved in maintaining balanced brain chemicals include L-theanine and GABA; these support healthy neurotransmitter levels and provide a sense of calm. L-theanine is a naturally occurring amino acid found in green tea. L-theanine has been shown to increase alpha brain waves to promote an alert yet relaxed state of mind. It has also been shown to increase levels of GABA, dopamine, and serotonin to improve mood and induce relaxation.

**Practise laughter, gratitude, and relaxation to help manage stress.**

- 】 **Laughter** can reduce the effects of stress by decreasing blood levels of cortisol, epinephrine, and the growth hormone, indicating a reversal of the stress response. Laughter has been shown to alter brain chemicals, such as dopamine and serotonin activity, and increase endorphins, which help support mood.
- 】 **Do you have an “attitude of gratitude”?** An attitude of gratitude means regularly being thankful and appreciating all parts of your life, no matter how big or small. An attitude of gratitude has been linked to better health, sounder sleep, less anxiety and depression, higher long-term satisfaction with life, and kinder behaviour toward others.
- 】 Certain exercises, such as relaxation techniques and massage therapy, can help modulate your body's



---

The gut-brain axis links the emotional and cognitive centres with digestive functions. Exposure to stress alters your gut microbiota, leading to gastrointestinal and mental health disorders.<sup>12</sup> In addition, your gut microbiota can influence stress reactions by directly affecting the interaction between your brain and adrenal glands, known as the HPA (hypothalamic-pituitary-adrenal) axis, and the release of stress hormones. Studies have found that certain probiotic strains, such as *Lactobacillus helveticus* (R0052) and *Bifidobacterium longum* (R0175), can moderate mood during stressful periods.<sup>13</sup> Probiotics can also support the HPA axis.<sup>14</sup>

---

responses to physical, mental, and emotional stress. These practices reduce psychological stress and inflammation, support immune function, reduce HPA activity, and improve mood.

**Get outdoors for a break.** Studies have proven that nature has a positive effect on mental health. The quantity and quality of nature experiences are decreasing for many people around the world. You can increase your connection with nature by:

- › Forest bathing (immerse yourself in nature by connecting to the forest through sight, hearing, taste, smell, and touch)
- › Standing barefoot on grass
- › Exercising outdoors

- › Enjoying a meal outside
- › Hugging a tree
- › Growing your own food
- › Going for a walk outdoors

Your immune system is essential for a long and healthy life. Research shows the importance of personal hygiene, healthy eating, physical activity, proper sleep, and stress management to support overall immune health. In addition, you can use certain natural health products to protect, provide relief, and support recovery from cold and flu viruses.



# PUTTING IT ALL TOGETHER

## IMMUNE PROTOCOL CHARTS FOR CHILDREN, ADULTS, AND SENIORS

The following protocols provide suggestions on how to support children, adults, and seniors during wintertime illnesses. Remember to continue with all routine visits with your family doctor and speak to them before starting any program or natural health product.

### IMMUNE SUPPORT PROTOCOL FOR CHILDREN

PROTECTION	RELIEF	RECOVERY
<p><b>Basics:</b> Distance, handwashing, healthy eating, exercise, quality sleep, stress management</p>	<p><b>Basics:</b> Distance, handwashing, healthy eating, exercise, quality sleep, stress management</p>	<p><b>Basics:</b> Distance, handwashing, healthy eating, exercise, quality sleep, stress management</p>
<p><b>Immuno-nutrition options*:</b></p> <ul style="list-style-type: none"><li>• Big Friends® Vitamin C</li><li>• Big Friends Vitamin D</li><li>• Big Friends Multi-Vitamin &amp; Minerals</li><li>• Big Friends Multi-Probiotic</li><li>• SunVitamin D 400 IU Drops</li></ul>	<p><b>Immuno-nutrition options*:</b></p> <ul style="list-style-type: none"><li>• Big Friends Vitamin C</li><li>• Big Friends Vitamin D</li><li>• Big Friends Multi-Vitamin &amp; Minerals</li><li>• Big Friends Multi-Probiotic</li><li>• SunVitamin D 400 IU Drops</li></ul>	<p><b>Immuno-nutrition options*:</b></p> <ul style="list-style-type: none"><li>• Big Friends Vitamin C</li><li>• Big Friends Vitamin D</li><li>• Big Friends Multi-Vitamin &amp; Minerals</li><li>• Big Friends Multi-Probiotic</li><li>• SunVitamin D 400 IU Drops</li></ul>
<p><b>Specific defence options:</b></p> <ul style="list-style-type: none"><li>• ECHINAMIDE® Echinacea Alcohol-Free Fresh Herb Tincture (suitable for ages 5+)</li></ul>	<p><b>Specific defence options:</b></p> <ul style="list-style-type: none"><li>• ECHINAMIDE Echinacea Alcohol-Free Fresh Herb Tincture (suitable for ages 5+)</li><li>• Black Elderberry Standardized Extract (suitable for ages 10+) or Sambucus Black Elderberry with Vitamins C &amp; D plus Zinc Gummies (suitable for ages 5+)</li></ul>	<p><b>Specific defence options:</b></p> <ul style="list-style-type: none"><li>• ECHINAMIDE Echinacea Alcohol-Free Fresh Herb Tincture (suitable for ages 5+)</li></ul>

\*Choose one or more of the products listed.

## IMMUNE SUPPORT PROTOCOL FOR ADULTS

PROTECTION	RELIEF	RECOVERY
<p><b>Basics:</b> Distance, handwashing, healthy eating, exercise, quality sleep, stress management</p>	<p><b>Basics:</b> Distance, handwashing, healthy eating, exercise, quality sleep, stress management</p>	<p><b>Basics:</b> Distance, handwashing, healthy eating, exercise, quality sleep, stress management</p>
<p><b>Immuno-nutrition options*:</b></p> <ul style="list-style-type: none"> <li>• Super Immune Formula</li> <li>• BioCgel® or Liposomal Vitamin C</li> <li>• SunVitamin D3</li> <li>• Zinc Bisglycinate</li> <li>• Quercetin LipoMicel® Matrix</li> <li>• Ultimate Multi Probiotic</li> <li>• NAC</li> <li>• Whole Earth &amp; Sea® Multivitamin &amp; Mineral</li> </ul>	<p><b>Immuno-nutrition options*:</b></p> <ul style="list-style-type: none"> <li>• Super Immune Formula</li> <li>• BioCgel or Liposomal Vitamin C</li> <li>• SunVitamin D3</li> <li>• ECHINAMIDE Zinc Lozenges Sore Throat Relief</li> <li>• Quercetin LipoMicel Matrix</li> <li>• Ultimate Multi Probiotic</li> <li>• NAC</li> <li>• Whole Earth &amp; Sea Multivitamin &amp; Mineral</li> </ul>	<p><b>Immuno-nutrition options*:</b></p> <ul style="list-style-type: none"> <li>• Super Immune Formula</li> <li>• BioCgel or Liposomal Vitamin C</li> <li>• SunVitamin D3</li> <li>• Zinc Bisglycinate</li> <li>• Quercetin LipoMicel Matrix</li> <li>• Ultimate Multi Probiotic</li> <li>• NAC</li> <li>• Whole Earth &amp; Sea Multivitamin &amp; Mineral</li> </ul>
<p><b>Specific defence options:</b></p> <ul style="list-style-type: none"> <li>• ECHINAMIDE Clinical Strength Fresh Herb Extract</li> <li>• Oil of Oregano</li> <li>• GarlicRich® Super Strength Garlic + Reishi</li> <li>• Whole Earth &amp; Sea Super Mushroom</li> </ul>	<p><b>Specific defence options:</b></p> <ul style="list-style-type: none"> <li>• ECHINAMIDE Anti-Viral Potent Fresh Herbal Extract</li> <li>• ECHINAMIDE Echinacea &amp; Goldenseal Tincture</li> <li>• Oil of Oregano</li> <li>• Lung, Bronchial &amp; Sinus Health</li> <li>• Black Elderberry Standardized Extract</li> <li>• Whole Earth &amp; Sea Horseradish Respiratory Relief</li> <li>• ECHINAMIDE Cold &amp; Cough Syrup</li> </ul>	<p><b>Specific defence options:</b></p> <ul style="list-style-type: none"> <li>• ECHINAMIDE Clinical Strength Fresh Herb Extract</li> <li>• Whole Earth &amp; Sea Super Mushroom</li> <li>• ECHINAMIDE Cold &amp; Cough Syrup</li> <li>• ECHINAMIDE Zinc Lozenges Sore Throat Relief</li> </ul>
<p>*Choose one or more of the products listed.</p>		

## IMMUNE SUPPORT PROTOCOL FOR SENIORS

PROTECTION	RELIEF	RECOVERY
<p><b>Basics:</b> Distance, handwashing, healthy eating, exercise, quality sleep, stress management</p>	<p><b>Basics:</b> Distance, handwashing, healthy eating, exercise, quality sleep, stress management</p>	<p><b>Basics:</b> Distance, handwashing, healthy eating, exercise, quality sleep, stress management</p>
<p><b>Immuno-nutrition options*:</b></p> <ul style="list-style-type: none"> <li>• Super Immune Formula</li> <li>• BioCgel or Liposomal Vitamin C</li> <li>• SunVitamin D3</li> <li>• Zinc Bisglycinate</li> <li>• Quercetin LipoMicel Matrix</li> <li>• Seniors' Multi Probiotic</li> <li>• NAC</li> <li>• Whole Earth &amp; Sea Multivitamin &amp; Mineral 50+</li> </ul>	<p><b>Immuno-nutrition options*:</b></p> <ul style="list-style-type: none"> <li>• Super Immune Formula</li> <li>• BioCgel or Liposomal Vitamin C</li> <li>• SunVitamin D3</li> <li>• ECHINAMIDE Zinc Lozenges Sore Throat Relief</li> <li>• Quercetin LipoMicel Matrix</li> <li>• Seniors' Multi Probiotic</li> <li>• NAC</li> <li>• Whole Earth &amp; Sea Multivitamin &amp; Mineral 50+</li> </ul>	<p><b>Immuno-nutrition options*:</b></p> <ul style="list-style-type: none"> <li>• Super Immune Formula</li> <li>• BioCgel or Liposomal Vitamin C</li> <li>• SunVitamin D3</li> <li>• Zinc Bisglycinate</li> <li>• Quercetin LipoMicel Matrix</li> <li>• Seniors' Multi Probiotic</li> <li>• NAC</li> <li>• Whole Earth &amp; Sea Multivitamin &amp; Mineral 50+</li> </ul>
<p><b>Specific defence options:</b></p> <ul style="list-style-type: none"> <li>• ECHINAMIDE Clinical Strength Fresh Herb Extract</li> <li>• Whole Earth &amp; Sea Super Mushroom</li> </ul>	<p><b>Specific defence options:</b></p> <ul style="list-style-type: none"> <li>• ECHINAMIDE Anti-Viral Potent Fresh Herbal Extract</li> <li>• Black Elderberry Standardized Extract</li> <li>• ECHINAMIDE Cold &amp; Cough Syrup</li> </ul>	<p><b>Specific defence options:</b></p> <ul style="list-style-type: none"> <li>• ECHINAMIDE Clinical Strength Fresh Herb Extract</li> <li>• Whole Earth &amp; Sea Super Mushroom</li> <li>• ECHINAMIDE Cold &amp; Cough Syrup</li> <li>• ECHINAMIDE Zinc Lozenges Sore Throat Relief</li> </ul>

\*Choose one or more of the products listed.



# NATURAL HEALTH PRODUCT GUIDE FOR IMMUNE SUPPORT

## NUTRIENTS

### BIOCGEL HIGH ABSORPTION ASCORBATE C

#### PRIMARY USES

- Helps in the development and maintenance of bones, cartilage, teeth, and gums
- Helps support immune function
- An antioxidant for the maintenance of good health

#### SUITABLE FOR

- Anyone who wants to strengthen their immune system
- People who experience recurring colds and flu
- Anyone wishing to promote healthy aging and manage high-stress levels

#### CONTAINS

Vitamin C (calcium ascorbate), BerryRich® fruit blend, citrus bioflavonoids

#### FEATURES

- Non-acidic, buffered, pH neutral, and gentle on the stomach
- Contains a highly concentrated fruit blend and citrus bioflavonoids for enhanced absorption and effects of vitamin C
- BerryRich fruit blend is a proprietary powder extract of grape, pomegranate, strawberry, cranberry, blueberry, raspberry, and bilberry
- Available in softgels



### LIPOSOMAL VITAMIN C

#### PRIMARY USES

- Helps in the development and maintenance of bones, cartilage, teeth, and gums
- Helps support immune function
- An antioxidant for the maintenance of good health

#### SUITABLE FOR

- Adults, adolescents, and children aged nine and up
- Individuals who do not efficiently absorb vitamin C
- Anyone with recurring colds, flu, and immune-related issues
- People with high free radical load because of lifestyle or environmental factors

- Anyone experiencing stress, which increases the body's demand for vitamin C
- People who want to support collagen production

#### CONTAINS

Vitamin C (ascorbic acid, sodium ascorbate)

#### FEATURES

- Specialized delivery system encases buffered vitamin C within a liposome
- Protects vitamin C during digestion to ensure a fast and efficient uptake into the cells without the digestive upset of standard forms
- Provides 1000 mg of vitamin C per two-softgel serving







## SUNVITAMIN D3

### PRIMARY USES

- Helps prevent vitamin D deficiency
- Helps reduce the risk of developing osteoporosis when combined with adequate calcium, a healthy diet, and regular exercise
- Helps with immune function

### SUITABLE FOR

- Individuals who have been identified as vitamin D deficient
- Anyone not receiving sufficient sun exposure, such as during the winter months
- Individuals looking to support immune health

- Individuals at risk of developing osteoporosis

### CONTAINS

Vitamin D3 (cholecalciferol)

### FEATURES

- Contains 1000 IU or 2500 IU of vitamin D3, our highest potency
- Provides the natural D3 form of vitamin D (cholecalciferol)
- Softgels deliver vitamin D3 in a base of organic flaxseed oil, which enhances absorption because of the fat-soluble nature of vitamin D
- Available in softgels or tablets



---

## VITAMIN A

### PRIMARY USES

- Supports the immune system
- Supports eye health
- Helps maintain the lining of mucus membranes
- Antioxidant support for the maintenance of good health

### SUITABLE FOR

- Individuals looking to support immune health
- Adults who want to improve their eyesight

- Individuals who want to maintain good skin health

### CONTAINS

Vitamin A (palmitate)

### FEATURES

- Produced using an advanced molecular distillation process
- In a base of organic flaxseed oil and vitamin E
- Superior absorption of vitamin A sourced from cod liver oil
- Available in softgels





## ZINC BISGLYCINATE

### PRIMARY USES

- Supports immune function
- Helps in connective tissue formation and energy metabolism
- Helps maintain healthy hair, skin, nails, and bones

### SUITABLE FOR

- People with low immunity caused by zinc insufficiency
- Vegetarians, older adults, and anyone who may have limited absorption of dietary zinc
- Adults who want to nourish their skin, bones, and other connective tissues

### CONTAINS

Zinc (bisglycinate)

### FEATURES

- Contains 25 or 50 mg of elemental zinc
- Features the bioavailable bisglycinate form of zinc for reliable absorption
- Convenient one-per-day supplement
- Ideal for people with low stomach acid and absorption issues
- Suitable for vegetarians and vegans
- Available in vegetarian capsules



## QUERCETIN LIPOMICEL MATRIX

### PRIMARY USES

- Provides a source of antioxidants
- Improves the antioxidant activity of other dietary compounds, such as vitamin C
- Used in herbal medicine as a blood vessel protectant

### SUITABLE FOR

- Individuals with blood vessel disorders and other cardiovascular risk factors
- Individuals who are concerned about antioxidant support

### CONTAINS

Quercetin LipoMiel Matrix (*Sophora japonica*)

### FEATURES

- Offers 10 times higher absorption than standard quercetin\*
  - Uses LipoMiel technology for enhanced bioavailability
  - Contains 250 mg of quercetin in each liquid softgel
  - Provides plant-based antioxidant protection
  - Available in softgels
- \*Individual results may vary



## SUPER IMMUNE FORMULA

### PRIMARY USES

- Supports immune function
- Helps in connective tissue formation and repair
- Supports healthy skin and mucus membranes
- Contributes to the body's ability to metabolize nutrients and prevent vitamin A, vitamin D, magnesium, zinc, and copper deficiencies

### SUITABLE FOR

- Adults looking for a comprehensive immune-support supplement
- Anyone with an increased risk of exposure to infectious agents
- People who regularly consume food and beverages with low nutritional value
- Adults who are under stress

### CONTAINS

Fish oil providing EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), vitamin A (palmitate), vitamin D3 (cholecalciferol), magnesium (HVP chelate), zinc (bisglycinate), and copper (gluconate)



### FEATURES

- Combines essential fatty acids, vitamins, and minerals needed for proper immune function
- Benefits multiple aspects of immunity, such as wound healing, nutrient metabolism, and immune response
- Provides the preferred cholecalciferol (D3) form of vitamin D
- Convenient one-per-day dose
- Available in easy-to-swallow softgels

---

## ULTIMATE MULTI PROBIOTIC DOUBLE STRENGTH

### PRIMARY USES

- Helps restore and maintain intestinal health
- Promotes favourable gut flora
- Supports overall immune health

### SUITABLE FOR

- Adults looking for a high-potency, all-purpose probiotic for daily care
- People with digestive disturbances (gas, bloating, abdominal pain)
- Anyone looking to support overall health
- Adults taking antibiotics to restore lost beneficial bacteria and prevent diarrhea

### FEATURES

- Features 12 probiotic strains from human (8), plant (1), and dairy (3) sources for complete intestinal and gastrointestinal health support
- Double-strength formula with guaranteed 24 billion active cells per vegetarian capsule at the time of expiry
- Formulated with synergistic strains that resist gastric acid to reach the intestinal tract intact
- Available in vegetarian capsules



### CONTAINS

24 billion active cells of specially cultured *Lactobacillus* and *Bifidobacterium* strains of probiotics

# ECHINAMIDE®

## ECHINACEA FRESH HERB TINCTURE & ALCOHOL-FREE TINCTURE

### PRIMARY USES

- Used in herbal medicine to help fight off infections, especially of the upper respiratory tract (e.g., common colds)
- Helps relieve symptoms and shorten duration of infections

### SUITABLE FOR

- People who want immune support
- Individuals who need support for infections, especially of the upper respiratory tract
- People looking for symptom relief and reduced duration of upper respiratory tract infections

### CONTAINS

ECHINAMIDE (*Echinacea purpurea*)

### FEATURES

- Contains ECHINAMIDE, the only phytomedicinal containing standardized levels of *Echinacea purpurea*'s key active compounds
- Clinically tested, certified organic Canadian echinacea
- 1:1 liquid extract
- Available in softgels
- Available in a base of purified water and 40% of pure-grain alcohol
- Available in a natural berry, alcohol-free, 60% of glycerin preparation (suitable for ages 5+)



## FRESH HERB EXTRACT CLINICAL STRENGTH

### PRIMARY USES

- Proven effective to reduce duration and severity of upper respiratory tract infections
- Offers year-round immune support
- Use at the first sign of a cold or flu

### SUITABLE FOR

- Adults who want immune support
- Adults who need support for infections, especially of the upper respiratory tract
- People looking for symptom relief and reduced duration of upper respiratory tract infections

### CONTAINS

ECHINAMIDE (*Echinacea purpurea*)

### FEATURES

- Contains ECHINAMIDE, the only phytomedicinal containing standardized levels of *Echinacea purpurea*'s key active compounds
- Clinically tested, certified organic Canadian echinacea
- Clinical-strength, fresh herb extract
- Standardized echinacea extract 2.9:1, equivalent to 725 mg of crude herb
- Available in easy-to-swallow softgels



## ANTI-VIRAL POTENT FRESH HERB TINCTURE AND SOFTGELS

### PRIMARY USES

- Helps shorten the duration and severity of the common cold and flu
- Used in herbal medicine to fight off infections, especially of the upper respiratory tract

### SUITABLE FOR

- Adults looking for immune support during the cold and flu season
- Individuals who need support for infections and who want to reduce the duration and severity of upper respiratory infections

### CONTAINS

ECHINAMIDE (*Echinacea purpurea*), lomatium (*Lomatium dissectum*), astragalus (*Astragalus membranaceus*), reishi mushroom (*Ganoderma lucidum*), licorice (*Glycyrrhiza glabra*)

### FEATURES

- Contains ECHINAMIDE, the only phytochemical containing standardized levels of *Echinacea purpurea*'s key active compounds
- Clinically tested, certified organic Canadian echinacea
- Proprietary blend of ECHINAMIDE, lomatium, astragalus, reishi mushroom, and licorice
- Available as a liquid tincture, or as an alcohol-free extract in a softgel



## ECHINACEA & GOLDENSEAL TINCTURE

### PRIMARY USES

- Used in traditional herbal medicine for the relief of sore throat and cough that result from colds
- Take at the first sign of infection

### SUITABLE FOR

- Anyone experiencing a bronchial infection
- Individuals constantly vulnerable to colds and viruses
- People who have trouble swallowing pills

### CONTAINS

ECHINAMIDE (*Echinacea purpurea*), goldenseal (*Hydrastis canadensis*)

### FEATURES

- 3:1 ratio of *Echinacea purpurea* and goldenseal
- Certified organic echinacea, grown in BC's Okanagan Valley
- Patented, double-extracted ECHINAMIDE liquid providing guaranteed levels of the three key actives responsible for echinacea's immune support
- Suitable for vegetarians and vegans
- Available in a base of purified water and 100% pure-grain alcohol



## COLD & COUGH SYRUP

### PRIMARY USES

- Used in traditional herbal medicine for the relief of sore throat and cough that result from colds
- Relieves strained throats and vocal cords of public speakers and singers
- Helps break down excess phlegm

### SUITABLE FOR

- Adults looking for relief of throat, sinus, and bronchial irritation resulting from colds
- Adults looking to support strained throat and voice from overuse

### CONTAINS

ECHINAMIDE (*Echinacea purpurea*), mullein extract (*Verbascum thapsus*), wild cherry extract (*Prunus serotina*), peppermint (*Mentha piperita*), horehound extract (*Marrubium vulgare*), eucalyptus oil (*Eucalyptus globulus*)

### FEATURES

- Contains ECHINAMIDE, the only phytochemical containing standardized levels of *Echinacea purpurea*'s key active compounds
- Mullein leaf, wild cherry bark, peppermint leaf, horehound leaf, and eucalyptus oil help relieve sore throats and coughs
- Clinically tested, certified organic Canadian echinacea, locally grown and manufactured
- Fast-acting, alcohol-free formula in a base of honey
- Available in liquid syrup that can be mixed with hot water



## QUICK-BLAST

### PRIMARY USES

- Used in traditional herbal medicine to help relieve cold symptoms
- Supportive therapy in the treatment of upper respiratory tract infections (e.g., common colds)
- Helps relieve the symptoms and shorten the duration of upper respiratory tract infections

### SUITABLE FOR

- Anyone with sinus congestion resulting from cold, flu, or allergy symptoms
- Adults seeking immediate relief from an irritated throat
- Adults who wish to reduce the duration of their cold
- Anyone looking for a breath freshener alternative

### CONTAINS

ECHINAMIDE (*Echinacea purpurea*) in a proprietary blend of honey, menthol, lemon oil, peppermint oil, and eucalyptus oil

### FEATURES

- Contains patented ECHINAMIDE formula that guarantees potency and purity
- Instant soothing relief from sore throats resulting from colds and flu
- Clears sinuses immediately, helping you breathe better
- Convenient tear-strip blister packs for easy carrying
- Available in fast-acting, liquid-gel soft chews





## ZINC LOZENGES

### PRIMARY USES

- Relieves cold and flu symptoms, such as cough, sore throat, and congestion, as used in herbal medicine
- Helps relieve fever and promote sweating, as used in herbal medicine
- Contains antioxidants that help protect against free radicals

### SUITABLE FOR

- Anyone experiencing congestion because of a cold or flu virus
- Individuals seeking quick relief from sore throat and/or cough
- People looking for a great-tasting, immune-support lozenge
- Adults who experience frequent viral infections
- Anyone looking for additional antioxidant support

### CONTAINS

Black elderberry extract, echinacea powder, vitamin C, and zinc gluconate

### FEATURES

- Combines zinc, vitamin C, echinacea, and black elderberry
- Contains certified organic Canadian echinacea
- Great-tasting with natural honey blossom and cherry flavours
- Provides essential nutrients and antioxidants
- Available in convenient lozenge format



# OTHER

## BLACK ELDERBERRY

### PRIMARY USES

- Helps relieve fever associated with the common cold and flu, as used in herbal medicine
- Traditionally used to relieve symptoms of colds and flu such as cough, sore throat, and catarrh of the upper respiratory tract
- Provides antioxidants
- Used in herbal medicine to promote detoxification via the kidneys, skin, and mucus membranes

### SUITABLE FOR

- Anyone looking for a natural way to support immune function and respiratory health
- Adults and children over 10 years who frequently experience cold and flu-like illness

- Frequent flyers looking to reduce the duration and severity of cold and flu-like illness

### CONTAINS

ElderCraft® European black elderberry extract

### FEATURES

- Fast-acting softgels featuring ElderCraft hand-harvested Austrian black elderberry extract
- Standardized to 14% of anthocyanins, a key active constituent of elderberry
- Suitable for adults and children aged 10 years and older
- Available in fast-acting softgels



## SAMBUCUS BLACK ELDERBERRY WITH VITAMINS C & D PLUS ZINC

### PRIMARY USES

- Supports healthy immune function
- Used in herbal medicine to help relieve fever (in cases of common colds, flu) and symptoms of colds and flu (such as cough, sore throat, and catarrh of the upper respiratory tract)
- Promotes sweating (diaphoretic) and relieves joint pain associated with conditions such as arthritis in adults

### SUITABLE FOR

- Anyone looking for a natural way to support immune function and respiratory health
- Adults and children ages five and up who frequently experience colds and flu-like illness

- Travellers looking to reduce the duration and severity of colds and flu-like illness
- People who dislike taking pills

### CONTAINS

ElderCraft® European black elderberry extract, vitamin C, zinc, vitamin D3

### FEATURES

- Features ElderCraft black elderberry extract hand harvested in Austria
- Delicious-tasting, gelatin-free gummies
- Standardized to 14% of anthocyanins, a key active constituent of elderberry
- Suitable for adults and children ages five years and older





## LUNG, BRONCHIAL & SINUS HEALTH

### PRIMARY USES

- Helps relieve the symptoms of chronic bronchitis
- Contains marshmallow, mullein, wild cherry, horehound, and ivy traditionally used in herbal medicine to help relieve/soothe coughs

### SUITABLE FOR

- Anyone with bronchial congestion and sinus problems
- People who work in dusty, smoky, or toxic environments
- Individuals with occasional hay fever or other respiratory irritation
- Anyone with respiratory diseases such as influenza, pneumonia, bronchiolitis, respiratory distress syndrome, and sleep apnea

### CONTAINS

N-acetyl-L-cysteine, Bromelain (*Ananas comosus*), marshmallow root extract (*Althaea officinalis*), mullein extract (*Verbascum thapsus*), wild cherry bark extract (*Prunus serotina*), horehound extract (*Marrubium vulgare*), and ivy extract (*Hedera helix* L)

### FEATURES

- Offers natural support for bronchitis and sinusitis
- Helps reduce the pain, frustration, and exhaustion that accompany breathing problems and persistent coughing
- Non-drowsy and non-drying
- Available in tablets



## N-ACETYL-L-CYSTEINE

### PRIMARY USES

- Antioxidant for the maintenance of good health
- Helps reduce oxidative stress during exercise
- Supports immune function
- Relieves symptoms of chronic bronchitis

### SUITABLE FOR

- Adults who want to increase their antioxidant intake or who have high levels of oxidative stress
- Adults over 65 years to help support immune function
- People with chronic or recurring bronchitis, or who are concerned about the effects of air pollution

### CONTAINS

NAC

### FEATURES

- Features the most stable and absorbable form of cysteine, a precursor to the antioxidant glutathione
- Increases glutathione levels more effectively than supplementing with glutathione itself
- High-quality, free-form amino acid; lab tested
- Available in 500 mg and 600 mg vegetarian capsules



## SUPER MUSHROOM

### PRIMARY USES

- Supports a healthy immune system
- Increases energy
- Contains adaptogens that help with stress management

### SUITABLE FOR

- Anyone looking to strengthen their immune system
- Individuals who want to increase energy and physical stamina
- Anyone seeking adrenal support to help with mental or physical stress
- Vegans and vegetarians who want sustainably sourced, non-GMO supplements

### CONTAINS

Organic mushrooms (maitake, shiitake, reishi, cordyceps, chaga, and lion's mane) Wellmune® beta-glucan, and Farm Fresh Factors™

### FEATURES

- Wholefood nutrition from all-natural, non-GMO ingredients
- Contains patented MycoFusions® organic mushroom superfoods
- Contains clinically researched Wellmune beta-glucan
- Combined with raw, organic Farm Fresh Factors, processed using proprietary EnviroSimplex® technology
- Suitable for vegans and vegetarians
- Available in vegetarian capsules



## ORGANIC OIL OF OREGANO

### PRIMARY USES

- Provides antioxidant protection for the maintenance of good health
- Has antimicrobial properties

### SUITABLE FOR

- Anyone with a bacterial, fungal, yeast, or parasitic infection
- Individuals interested in reducing free radical damage
- Adults who want a natural antiseptic for their mouth or throat

### CONTAINS

Organic oil of oregano (*Origanum vulgare*)

### FEATURES

- Hand harvested and wild crafted
- Certified organic *Origanum vulgare*
- Uses the whole herb to maximize the combined effects
- Gently steam distilled for maximum purity and potency
- Carvacrol guaranteed at an optimal concentration of 80%
- Blended in a 1:4 ratio with organic, cold-pressed, extra-virgin olive oil for improved absorption
- Available in a convenient liquid format



## BEE PROPOLIS

### PRIMARY USES

- Provides antioxidants for the maintenance of good health
- Used in traditional herbal medicine to help relieve sore throats, minor inflammations, and sores of the mucus membranes of the mouth (e.g., canker sores)

### SUITABLE FOR

- Adults looking to support healthy immune function
- Anyone who experiences frequent colds, flu, or other upper respiratory tract infections
- Adults looking for targeted relief for sore throats or mouth infections

### CONTAINS

Propolis [Beehive of the honeybee (*Apis mellifera*)]

### FEATURES

- Sourced from northern apiaries, where trees produce the highest quality resin
- A unique source of antioxidant bioflavonoids
- Long history of use for immune support with a good safety record
- Guaranteed contaminant-free
- Available in capsule and liquid tincture format



## BEE PROPOLIS THROAT SPRAY

### PRIMARY USES

- Used in herbal medicine to help relieve sore throat
- Used in herbal medicine to help relieve mouth and throat infections
- Source of antioxidants for the maintenance of good health

### SUITABLE FOR

- Adults looking for targeted relief for sore throats or mouth infections
- Adults looking to support healthy immune function
- Anyone who experiences frequent colds, flu, or other upper respiratory tract infections
- Anyone who experiences dry mouth or mouth sores
- People looking for a natural breath freshener

### CONTAINS

Propolis tincture (*Apis mellifera*)

### FEATURES

- Offers natural antimicrobial and antibacterial effects
- Convenient, travel-size, spray format
- High-quality, sustainably produced, non-GMO propolis naturally flavoured with black cherry
- Contains no artificial colours, preservatives, or sweeteners
- Suitable for vegetarians



## GARLICRICH SUPER STRENGTH GARLIC CONCENTRATE

### PRIMARY USES

- Used in traditional herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions (such as nasal congestion and buildup of excess mucus)
- Used in herbal medicine to help maintain cardiovascular health in adults
- Used in herbal medicine to help reduce elevated blood lipid levels and hyperlipidemia in adults

### SUITABLE FOR

- People who have elevated blood pressure or cholesterol, or who want to maintain their cardiovascular health
- Anyone with a respiratory infection, particularly if there is excessive mucus production

- Individuals whose immune systems are compromised

### CONTAINS

GarlicRich garlic powder

### FEATURES

- Super strength 10:1 concentrate – 8 garlic cloves per softgel
- Features a full spectrum of the important sulfur compounds thought to be responsible for garlic's ability to prevent and treat chronic health conditions
- Pesticide-free, hand-picked, and extracted from the whole bulb
- Available in enteric-coated, odourless softgels



---

## GARLICRICH SUPER STRENGTH GARLIC + REISHI

### PRIMARY USES

- Used in traditional herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions (such as nasal congestion and buildup of excess mucus)
- Used in herbal medicine to help reduce elevated blood lipid levels (hyperlipidemia) in adults
- Source of fungal polysaccharides with immunomodulating properties
- Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in cases of mental and physical fatigue related to stress)

### SUITABLE FOR

- People who have elevated blood pressure or cholesterol, or who want to maintain their cardiovascular health
- Anyone with a respiratory infection, particularly if there is excessive mucus production

- Individuals with a compromised immune system

### CONTAINS

GarlicRich garlic powder concentrate, organic reishi extract

### FEATURES

- Features a full spectrum of important organosulfur compounds from fresh, hand-picked, whole garlic bulbs gently processed using proprietary EnviroSimplex technology
- Two capsules daily are equivalent to approximately 6000 mg or nine cloves of raw garlic
- Features 30:1 organic reishi mushroom extract for adaptogenic and immune support
- Available in delayed-release vegetarian capsules to help reduce garlic breath
- Suitable for vegetarians and/or vegans



## HORSERADISH RESPIRATORY RELIEF

### PRIMARY USES

- Supports the immune system to improve recovery from upper respiratory tract infections
- Reduces cold symptoms by clearing congestion and mucus production

### SUITABLE FOR

- Individuals experiencing cold, cough, flu, or bronchitis symptoms
- Anyone dealing with sinusitis
- People looking for a natural antibacterial effect
- Adults who would like additional antioxidant support

### CONTAINS

Horseradish extract, GarlicRich garlic powder, vitamin C (ascorbic acid), ECHINAMIDE (*Echinacea purpurea*), fenugreek powder, marshmallow extract, milk thistle extract, Farm Fresh Factors®

### FEATURES

- Features a concentrated 8:1 horseradish extract with antibacterial properties
- Contains patented ECHINAMIDE, from hand-picked, organic *Echinacea purpurea*
- Includes six powerful botanicals along with vitamin C
- Combined with raw, organic Farm Fresh Factors, a blend of earth and sea vegetables, cruciferous sprouts, fruits, and herbals processed using proprietary EnviroSimplex technology
- Available in enteric-coated tablets to prevent stomach irritation
- Suitable for vegetarians and/or vegans



# RECIPE

## WINTER ROOT VEGETABLE CHICKEN SOUP

### INGREDIENTS

- 1 large onion
- 1 Tbsp of olive oil
- 6 coloured carrots (small to medium peasant chop/rough chop)
- 2 medium parsnips (small to medium peasant chop/rough chop)
- 1 medium fennel bulb (small to medium peasant chop/rough chop)
- 2 turnips (small to medium peasant chop/rough chop)
- 2 leeks, white part only (small to medium peasant chop/rough chop)
- 8–10 cups enriched chicken and root vegetable stock
- Chicken pieces (two breasts, two thighs)
- 2 Tbsp salt
- Pepper to taste
- Squeeze of lemon juice
- 1 bunch of dill, leaves picked

### METHOD

Chop onion into  $\frac{1}{4}$  inch squares. Heat oil in a large pot over medium-high heat, add onions and sauté for 4–5 minutes.

Add carrots, parsnips, fennel bulb, turnips, and leek and sauté for a further 4–5 minutes.

Cover vegetables with enriched stock and bring to boil, reduce heat and simmer until vegetables are cooked but still firm (15–25 minutes).

Add whole chicken pieces to broth while simmering, lightly poach until cooked (approx. 10–12 minutes). Remove cooked chicken pieces from broth and cut to desired shape.

Season soup, give soup a squeeze of lemon juice to “brighten” broth.

### TO SERVE

Arrange chicken pieces in each bowl, pour over root vegetable soup broth, garnish with dill, and enjoy!





# REFERENCES

Diagram page 3: Calder PC. Nutrition and immunity. *Nutr Diabetes*. 2021; 11(1):19.

Chart page 4: Pfaar O, Klimek L, Jutel M, et al. COVID-19 pandemic: Practical considerations on the organization of an allergy clinic an EAACI/ARIA Position Paper. *Allergy*. 2021; 76(3):648-76.

- Environmental Working Group (EWG). Personal care products safety act would improve cosmetics safety [Internet]. Washington, DC: EWG; [cited 2021 Aug]. Available from: <https://www.ewg.org/personal-care-products-safety-act-would-improve-cosmetics-safety>
- Venter C, Eyerich S, Sarin T, et al. Nutrition and the immune system: A complicated tango. *Nutrients*. 2020; 12(3):818.
- Vighi G, Marcucci F, Sensi L, et al. Allergy and the gastrointestinal system. *Clin Exp Immunol*. 2008; 153(Suppl 1):3-6.
- Wang X, Lin Z. Immunomodulating effect of Ganoderma (Lingzhi) and possible mechanism. *Adv Exp Med Biol*. 2019; 1182:1-37.
- Nantz MP, Rowe CA, Muller CE, et al. Supplementation with aged garlic extract improves both NK and gd-T cell function and reduces the severity of cold and flu symptoms: A randomized, double-blind, placebo-controlled nutrition intervention. *Clin Nutr*. 2012; 31:337-44.
- Chastin SFM, Abaraogu U, Bourgois JG, et al. Effects of regular physical activity on the immune system, vaccination and risk of community-acquired infectious disease in the general population: Systematic review and meta-analysis. *Sports Med*. 2021; 51(8):1673-86.
- Simpson RJ, Campbell JP, Gleeson M, et al. Can exercise affect immune function to increase susceptibility to infection? *Exerc Immunol Rev*. 2020; 26:8-22.
- Besedovsky L, Lange T, Haack M. The sleep-immune crosstalk in health and disease. *Physiol Rev*. 2019; 99(3):1325-80.
- Morey JN, Boggero IA, Scott AB, et al. Current directions in stress and human immune function. *Curr Opin Psychol*. 2015; 5:13-7.
- Nollet M, Wisden W, Franks NP. Sleep deprivation and stress: A reciprocal relationship. *Interface Focus*. 2020; 10(3):20190092.
- Suganya K, Koo B-S. Gut-brain axis: Role of gut microbiota on neurological disorders and how probiotics/prebiotics beneficially modulate microbial and immune pathways to improve brain functions. *Int J Mol Sci*. 2020; 21(20):7551.
- Clapp M, Aurora N, Herrera L, et al. Gut microbiota's effect on mental health: The gut-brain axis. *Clin Pract*. 2017; 7(4):987.
- Messaoudi M, Violle N, Bisson J-F, et al. Beneficial psychological effects of a probiotic formulation (*Lactobacillus helveticus* R0052 and *Bifidobacterium longum* R0175) in healthy human volunteers. *Gut Microbes*. 2011; 2(4):256-61.
- Wall R, Cryan JF, Ross RP, et al. Bacterial neuroactive compounds produced by psychobiotics. *Adv Exp Med Biol*. 2014; 817:221-39.

