

Preventing & Fighting Seasonal Colds & Flu.

Signs & symptoms:

- Regularly catching colds & flu.
- Sore throat.
- Cough and nasal congestion.
- Fever combined with body aches & pains.
- Need added immune protection when those around you are unwell.
- About to travel & want to boost your immune health to stay well.

What's going on?

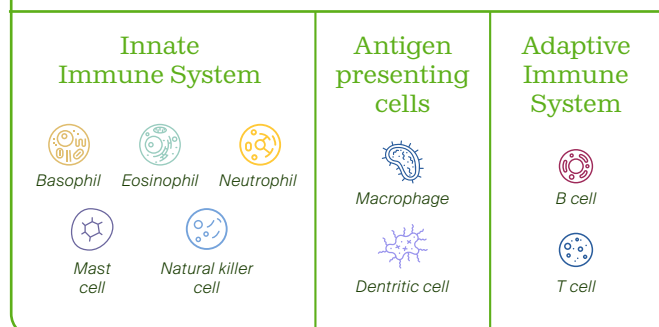
Did you know that we have two key divisions of our immune system?

- The Innate Immune System is our **front-line of defence.**
- The Adaptive Immune System is our **strategic attack system.**

These systems are very closely intertwined & connected. The cells communicate by making inflammatory substances.

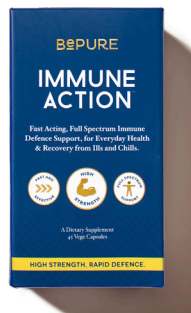
Enough stimulation of the immune system = elimination of pathogens & timely healing.

However, under or over stimulation of these cells can lead to more **severe symptoms, frequent infection, prolonged infection, immune dysfunction & chronic inflammation.**



How can we help?

BePure Immune Action™



Dosage:

- Adults (ages 12+): 3 capsules daily.
- Adults: Acute support - 3 capsules in the morning & 3 capsules at night.
- Children aged 9-12: 2 capsules daily.
- Children aged 9-12: Acute support 2 capsules in the morning and 2 capsules at night.
- Children age 6-8: 1 capsule daily.

Ingredients: Amount per serving (3 capsules)

Echinacea purpurea (root) extract

4:1 Equivalent to 2280mg dried herb.....570mg

- Studies show a reduction in the risk of developing a cold by up to 58%.
- Stimulates the production of cytokines and tumour necrosis factor giving it Immunostimulatory & anti-inflammatory properties.

Marshmallow (root) extract

10:1 Equivalent to 500mg dried herb.....50mg

- Reduces respiratory tract mucous membrane inflammation and soothes dry cough.

Holy Basil (leaf) extract

4:1 Equivalent to 1600 mg dried herb..... 400mg

- Has the ability to stimulate phagocytic cells which engulf & digest invading pathogens.
- Anti-stress & anti-viral properties.

Ginger (root) extract

(contains 20% gingerols)..... 360mg

- Anti-inflammatory, antioxidant & antimicrobial actions boost overall immunity.
- Promotes digestion.

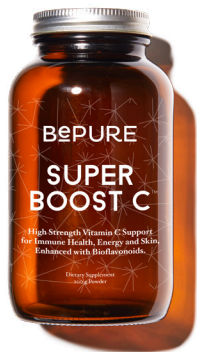
Beta Glucans (from Sacchyromyces)..... 500mg

- Associated with fewer episodes and shorter duration of acute respiratory infection as well as less antibiotic use.
- Anti Inflammatory and Immunostimulatory effects.

"The ingredients in BePure Immune Action have been shown to reduce your chance of catching a cold & reduce the length of illness"

Preventing & Fighting Seasonal Colds & Flu.

BePure Super Boost C™



Dosage:

- Adults (Ages 12+): ½ tsp - 1 tsp daily or as required in a glass of water.
- 3g+ of Vitamin C per serve to help quench free radicals that can contribute to chronic inflammation & slow healing during an infection.
- Also contains bioflavonoids - these help to recycle the Vitamin C electrons, essentially providing you with double the Vitamin C.

Ingredients: Amount per serving (6 grams)

Total Vitamin C.....	3265mg
as Ascorbic Acid.....	2280mg
as Magnesium Ascorbate	708mg
as Calcuim Ascorbate	277mg
Lemon Bioflavonoid Complex.....	1084mg
Vitamin E as D-Alpha Tocopheryl Succinate.....	152 IU
Vitamin A as Beta- Carotene	1680 IU
Zinc as Amino Acid Chelate.....	5.6mg

BePure Zinc Restore™



Dosage:

- Adults (Ages 12+): Take 1 capsule daily with food.
- Zinc is the champion in immunity & is needed for both our innate & adaptive immune system.
- Zinc is essential for cell regeneration, wound repair & immune function.

Ingredients: Amount per serving (1 capsule)

Zinc, elemental as Zinc Picolinate.....	15mg
Total Vitamin C	525mg
as Ascorbic Acid.....	300mg
as Magnesium Ascorbate	150mg
as Calcuim Ascorbate	75mg
Vitamin B6 as Pyridoxine-5-Phosphate.....	12.5mg
Quercetin.....	10mg

- A bioflavonoid that improves cellular absorption & utility of zinc & Vitamin C in the body.

BePure Vitamin D Restore™



Dosage:

- Liquid: Adults (Ages 12+): 0.5mL daily, Capsules: Adults (Ages 12+): 1 capsule daily with food.
- Optimal levels of Vitamin D stored in our body are essential for an immune system to function optimally.

Ingredients: Amount per serving

Vitamin D3 (Cholecalciferol, naturally derived).....	1000 IU
Vitamin K2 MK-7.....	60mcg

Lifestyle recommendations:

- Balance stress levels using mindfulness, meditation & other practices that foster parasympathetic nervous system activity i.e. deep belly breathing.
- Adequate amounts of quality sleep maintains our immune resilience.
- Sufficient sleep has been associated with a reduction in infectious disease risk.

Reduce environmental toxin exposure when possible.

- Pollution, toxins & chemicals
- Smoking & vaping
- Artificial fragrances
- Personal care products
- House cleaning products

Eat more anti-inflammatory foods + herbs & spices.

- | | |
|------------|----------------|
| ● Turmeric | ● Cardamom |
| ● Saffron | ● Black pepper |
| ● Ginger | ● Green tea |
| ● Rosemary | ● Cinnamon |
| ● Garlic | |

Look for food that contain nutrients to support a healthy immune system.

- Protein: An essential macronutrient for the creation of anti-bodies & immune cells.
- Vitamin A: Helps regulate the immune system & fight infections by supporting skin & tissue health.
- Vitamin E: An antioxidant that helps protect cell membranes from free radicals.