



True Protocols™

IMMUNE SUPPORT

- Specifically designed to help support immune function.
- Helps to reduce oxidative damage, maintain normal function of the thyroid gland, and support biological functions which play a key role in the maintenance of good health.
- For optimal results, take in combination with Vitamin D-K2 Balance and Magnesium Balance.



Why take Immune Support ?

The Immune Support formulation is designed to provide high doses of nutrients that have been found to reduce the incidence of infection and calm inflammation within the body. The combination of quercetin, zinc, bromelain, and selenium provides different cofactors involved in regulating the immune response, nutrients that decrease pro-inflammatory cytokine levels, and synergistic responses that allow for increased absorption into target cells (quercetin acting as a zinc ionophore). Immune Support can be used preventatively to boost the immune response to incoming pathogens and provide high levels of highly absorbable minerals (zinc, selenium) that have been shown to decrease the incidence of illness when they are deficient. This formulation also demonstrates anti-allergic benefits, due to the anti-histamine properties of quercetin.

What Makes Immune Support Different?

Immune Support contains optimal amounts of quercetin, bromelain, selenium and zinc, providing immune-boosting nutrients that our bodies need to prevent and fight infections. While some supplements contain quercetin and zinc, our formula is unique in that it also contains selenium and bromelain. As well, many of the formulas which contain quercetin have doses that are below the therapeutic level. When the Immune Support formula is taken together with Vitamin D-K2 Balance and Magnesium Balance, the body is provided with vitamins and minerals which are essential for supporting immune function, both for the prevention and healing of infections.

NPN: 80108437

90 Vegi-Caps

Serving Size: 1 Capsule

Ingredients:

- Quercetin 400 mg
- Bromelain 50 mg
- Zinc 15 mg
- Selenium 100 mcg

Suggested Use:

Take 1 capsule daily with food, a few hours before or after taking other medications or natural health products. Consult a health care practitioner for use beyond 12 weeks (prolonged use).

Main Applications:

- Immune Function
- Thyroid Health
- Overall Health



Non-GMO



Vegan



Glutenfree

What do each of the Ingredients do?

Quercetin

Quercetin is a bioflavonoid commonly found in a wide variety of herbs, fruits, and vegetables, and is commonly used as a supplement for its anti-histamine properties (inhibiting the release of histamine from mast cells), making it a useful tool in the management of allergy symptoms. Quercetin is an antioxidant, anti-inflammatory, and anti-atherogenic (arterial health). Quercetin also has some preliminary evidence suggesting it can be an effective tool in regulating blood sugar levels by promoting insulin-dependent uptake of glucose into cells. Quercetin's ability to enhance zinc absorption into cells provides one additional benefit to its use in this formula.

Bromelain

Bromelain, also called "pineapple extract", is a combination of several compounds, including a large amount of a special protein-digesting enzyme. This enzyme is able to be digested and thus affect the blood and body, rather than just the stomach and intestines. Bromelain increases the absorption of quercetin in the digestive tract.

Bromelain's anti-inflammatory properties are responsible for several of its effects, including its ability to decongest the nasal cavity, support the immune system, heal tissue and reduce chronic inflammation.

Zinc

Zinc is an essential mineral that is a critical cofactor in numerous processes throughout the human body. There have been over 300 enzymes identified that require zinc for their function. Zinc absorption is highly impaired by phytates that are commonly found with cereal proteins, while zinc from animal products has generally been found to have higher rates of absorption due to the absence of phytates in these foods.

Supplemental zinc comes in a number of different forms, including zinc sulfate, zinc gluconate, and zinc glycinate, and like many other minerals, the chelated forms of zinc have generally been found to have higher rates of gut absorption.

Zinc supplementation has been shown to improve T cell-mediated function and reduce infections in the elderly. Zinc shortens the duration of common colds if treatment is initiated no later than 24 hours from symptom onset. Zinc is also essential in the maintenance of cell membrane integrity, which offers protection against pathogens in the pulmonary and intestinal epithelial cells

Selenium

Selenium is an essential trace mineral primarily found in the thyroid gland. It is present in selenoproteins, a group of proteins that have a variety of functions, including the antioxidant proteins glutathione peroxidase and thioredoxin reductase, and the thyroid hormone-producing protein, iodothyronine deiodinase. Selenium has been found to play an important role in immune system function.

Low selenium status has been associated with an increased risk of mortality, poor immune function, cognitive decline, as well as systemic inflammation, cardiovascular diseases, autoimmune disorders, diabetes, and various cancers. Selenium may provide protection against a number of different viral infections.

The real therapeutic potential of the Immune Support formula is experienced when taken in combination with Vitamin D-K2 and Magnesium Balance as together they provide a balanced and complete approach for supporting the healthy function of the immune system.