



Immune Resilience

Support for Immune and Respiratory Health*

Immune Resilience Supplementation

The immune system works by identifying foreign intruders and building a defense for itself against them. This biological process uses specialized cells called innate and adaptive immune cells. The innate cells support a healthy stress response.* The other set of cells allows for healthy immune function.* Immune Resilience contains micronutrients and herbal extracts that support a healthy stress response and thus promote immune and respiratory health.*¹

The ingredients in Immune Resilience are congruous with what research suggests to be effective and safe, particularly for supporting healthy immune function and respiratory health.*

Clinical evidence and research cited herein show that the ingredients in Immune Resilience may:

- Support healthy immune function*
- Promote respiratory health*
- Support healthy stress response*
- Support healthy antioxidant activity*
- Promote cellular health*

How Immune Resilience Works

Quercetin supports healthy inflammatory marker production that balances the effects of poor nutritional choices in supporting immune health.*^{2,3} Research also shows that quercetin supports respiratory health.*²

Ginseng is an adaptogenic herb containing saponins that transform into compounds known as ginsenosides that are easily absorbed in the gastrointestinal tract, where they support healthy oxidative stress response and promote immune health.*^{4,5}

Elderberry extract, resveratrol, and luteolin all support healthy immune function by promoting healthy inflammatory cytokine production.*^{6,7,8} Research shows that they each promote respiratory health through innate immune cell responses.*^{7,8,9}

Andrographis paniculata and *Houttuynia cordata* are herbal extracts that support T-cell activity and promote healthy immune responses.*^{10,11} Both are known to promote healthy respiratory function by supporting innate and adaptive immune responses.*^{12,13}



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How Immune Resilience Works Continued

Epigallocatechin-3-gallate (EGCG) is the primary catechin in green tea and is widely studied for its support of healthy stress response.^{♦14,15} Similarly, turmeric is well-known as a powerful promoter of healthy stress response.^{♦16,17} Research shows that both EGCG and turmeric support innate and adaptive immune cell activity in promoting healthy immune function.^{♦17,18}

Supplement Facts

Serving Size: 6 Capsules
Servings per Container: 30

	Amount Per Serving	%DV
Quercetin (as quercetin dihydrate)	750 mg	*
American Ginseng Powder (root; <i>Panax quinquefolius</i>)	500 mg	*
Turmeric Extract (root; <i>Curcuma longa</i> ; standardized to 95% curcuminoids)	500 mg	*
Elderberry Extract (fruit; <i>Sambucus nigra</i> L.; standardized to 17% anthocyanidins)	500 mg	*
<i>Andrographis paniculata</i> 10:1 Extract (aerial parts)	400 mg	*
<i>Houttuynia cordata</i> 10:1 Extract (whole plant)	300 mg	*
EGCG (epigallocatechin-3-gallate) (from green tea extract; leaf; <i>Camellia sinensis</i>)	250 mg	*
Resveratrol (from <i>Polygonum cuspidatum</i> extract; root)	150 mg	*
Luteolin (from <i>Sophora japonica</i> powder; bud)	50 mg	*

Other Ingredients: Hypromellose, vegetable magnesium stearate, silica.

Directions: Take six capsules daily in two divided doses or as directed by your healthcare practitioner.

Caution: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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