



The immune system defends the body from foreign, invading organisms, promoting protective immunity while maintaining tolerance to self. Immune Health is a well-rounded, versatile, and comprehensive custom formula that addresses complete immune support from every angle. It complements the adaptive and innate immune system response while providing underlying support for the inflammation and oxidative stress that can lead to other health complications which arise from certain viral infections. Immune Health provides therapeutic dosing of the most bioavailable vitamins and minerals, as well as the most well studied immune supporting botanicals.

#### Ingredient Descriptions:

**Vitamin C** contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune system. Supplementation with vitamin C appears to be able to both prevent and treat respiratory and systemic infections.

**Zinc** is an essential micronutrient for basic cell activities such as cell growth, differentiation, and survival. Zinc deficiency depresses both innate and adaptive immune responses. Zinc, an important mineral in human health, appears to affect how the immune system responds to stimulation, especially inflammation, new research from Oregon State University shows. Zinc deficiency could play a role in chronic diseases such as cardiovascular disease, cancer and diabetes that involve inflammation.

**Selenium** plays an important role in the health of your immune system. This antioxidant helps lower oxidative stress in your body, which reduces inflammation and enhances immunity. Studies have demonstrated that increased blood levels of selenium are associated with enhanced immune response. On the other hand, deficiency has been shown to harm immune cell function and may lead to a slower immune response

**Quercetin** helps promote mast cell stabilization which helps supports nasal and respiratory pathways. It is a potent bioflavonoid that acts as an antioxidant and anti-inflammatory natural component to support healthy immunity.

**Green Tea** has Polyphenols a potent plant antioxidant, are what's believed to give green tea its immune-boosting effects. One laboratory study suggested that a particular type of polyphenols called catechins may kill influenza viruses.

**Boswellia** can prevent the formation of Leukotrienes in the body. Leukotrienes are molecules that have been identified as a cause of inflammation

**N-Acetyl Cysteine (NAC)** promotes glutathione production, which has been shown to be immune protective. NAC also promotes mucolytic activity to help dispel mucus faster during a cold and therefore promote advanced immune support.

**Melatonin** enhances both innate and cellular immunity. It stimulates the production of progenitor cells of granulocytes and macrophages and of NK cells.

**Resveratrol** is a naturally occurring polyphenol, shows many beneficial health effects. It supports the balancing of many inflammatory pathways while fighting oxidative stress due to its potential antioxidant properties.



**Turmeric (95% Curcuminoids)** Curcumin has been shown to reduce inflammation and decrease viral activity.

**Palmitoylethanolamide (PEA)** is a naturally occurring anti-inflammatory agent that has been shown to improve outcomes in acute respiratory disease and influenza.

This protocol has been formulated by Dr. Dominguez based on her expertise and the Institute for Functional Medicine Covid-19 Resource (link included below).

<https://www.ifm.org/news-insights/the-functional-medicine-approach-to-covid-19-virus-specific-nutraceutical-and-botanical-agents/>

Vitamin C (as Ascorbic Acid)	1,000.00 mg
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	30.00 mg
Selenium (as L-Selenomethionine)	100.00 mcg
Quercetin (95% Flower Extract from Sophora japonica)	300.00 mg
Green Tea (Camellia sinensis) Leaf Extract (50% EGCG)	50.00 mg
Boswelliin® (Boswellia Serrata Extract)	500.00 mg
N-Acetyl-L-Cysteine (NAC)	300.00 mg
Melatonin	6.00 mg
Resveratrol (Polygonum cuspidatum) Root Extract	300.00 mg
Turmeric Extract (Curcuma longa)	100.00 mg
PEA (Palmitoylethanolamide)	100.00 mg