

# ImmunoDefend

*Natural support for the immune system*

ImmunoDefend is a comprehensive, synergistic formula that combines herbs, mushroom extracts and other natural compounds to help the body maintain a normal immune system response. Some of its significant botanicals include echinacea, astragalus, elderberry and green tea that is standardized to a very high level of its key active component epigallocatechin gallate (EGCg). In addition, ImmunoDefend includes an impressive combination of the immune-supportive mushrooms cordyceps, shiitake, maitake and reishi.

The immune system is an extraordinary, complex system comprised of specific cells, organs and other microscopic immune defense organisms. Together, they make up the defense system that protects the health and wellness of our bodies on a day to day basis. An essential part of a strong immune system requires a healthy digestive tract consisting of beneficial gut microflora. This exceptional formula contains the herb Arabinogalactan, also known as Larch tree, which has a significant effect on enhancing beneficial gut microflora, specifically Bifidobacteria and Lactobacillus.

The standardized herbs in ImmunoDefend contain optimal and consistent amounts of their most active ingredients. This immune support formula is extremely effective and safe, and is suitable for both acute and chronic applications. It is also appropriate for all age groups.

## RECOMMENDED USE

- As a dietary supplement, take three capsules per day with meals, or as directed by your health care practitioner.
- Not recommended for pregnant or lactating women.

### ImmunoDefend Highlights

- Effective immune system support
- Very comprehensive formula combining herbs, mushroom extracts and other natural compounds
- Safe for all age groups



\*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.

**TO CONTACT OPTIMUM THERAPEUTIC SOLUTIONS, PLEASE CALL US AT 972-893-6068, OR VISIT US ON THE WEB AT [WWW.OPTIMUMHORMONEBALANCE.COM](http://WWW.OPTIMUMHORMONEBALANCE.COM)**

# Opti-NAC

*Natural precursor to the critical antioxidant glutathione*

Opti-NAC is an amino acid that is a precursor to glutathione, the body's most powerful antioxidant which helps support liver function, detoxification, healthy lungs and muscle recovery.

## HIGHLIGHTS

**Liver Health** – Manufactured by the liver, glutathione is a key compound used by the liver to help protect the body from normal exposure to harmful substances, such as chemicals, pollutants and heavy metals. When glutathione levels are low, the liver is vulnerable to damage from these toxins. Therefore, Opti-NAC assists the body in maintaining proper levels of glutathione in order to help the natural detoxification process.

**Lung Health** – Opti-NAC works to break up sulfide bonds that are responsible for thickening mucus. By supporting healthy mucus viscosity, Opti-NAC helps maintain normal breathing patterns and supports healthy lung function.

**Muscle Recovery** – After a strenuous workout, damaging free radicals abound as a natural result of vigorous muscle contractions. While the master antioxidant, glutathione, diligently works to scavenge the excess free radicals, Opti-NAC quickly rebuilds the body's glutathione supply. Therefore, Opti-NAC can support efficient muscle recovery after workouts and periods of muscle exertion.

### Opti-NAC helps support:

- Healthy liver function
- Optimal detoxification
- Antioxidant maintenance
- Healthy lungs
- Post-workout muscle recovery

## RECOMMENDED USE

As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.



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Therapeutic Solutions

# Zinc 54mg

For Professional Use Only



**This product** provides 54 mg of highly-absorbed zinc, ideally formulated using the amino acid chelate form of zinc (zinc glycinate) for enhanced absorption, optimal utilization and gastrointestinal (GI) comfort. Supplementing the right form of zinc is key to maintaining healthy levels within the body and compliance to a supplement regimen. Zinc plays a crucial role in boosting immune function, maintaining healthy tissue growth, and increasing the antioxidant reserves that protect the body from free radical damage.

## Overview

Zinc is an essential trace mineral important to many functions of human health. It plays a role in maintaining cellular metabolism and gene expression. Zinc is critical to a diverse group of physiological processes, such as immune function, insulin signaling, tissue repair, vision and neuro-transmission. It is second only to iron in worldwide incidence of deficiency, impacting 2 billion people in developing nations. Due to the wide range of functions regulated by zinc, deficiency, or even marginal deficiency, can have serious health implications.

Zinc is fundamental to the activity of over 100 enzymes and supports immune function, protein synthesis, tissue growth, DNA synthesis and cell division.<sup>[1-5]</sup> During pregnancy, infancy and childhood, the body needs zinc for proper growth and development.<sup>[6-9]</sup> Zinc also helps tissue repair and is important for adequate functioning of the senses of taste and smell. Daily intake of zinc is necessary to maintain adequate levels within the body because the body has no specialized zinc storage system.<sup>[10]</sup>

## Clinical Applications

- Provides Highly-Absorbed Zinc for a Variety of Protocols
- High-Concentration Zinc to Boost Immune Function

## Essential Minerals

### Bioavailability†

The importance of bioavailability is obvious. If consuming a zinc supplement has little effect on improving the body's zinc balance, there is no reason to ingest it. Signs of inferior mineral supplements include the use of cheap, poorly absorbed, rock-salt minerals. This product is formulated with the superior amino acid chelate form, zinc glycinate, which does not ionize in the gut and therefore is not impacted by dietary factors and is absorbed at a higher rate than those formulated with zinc salt forms (See Figure 1).

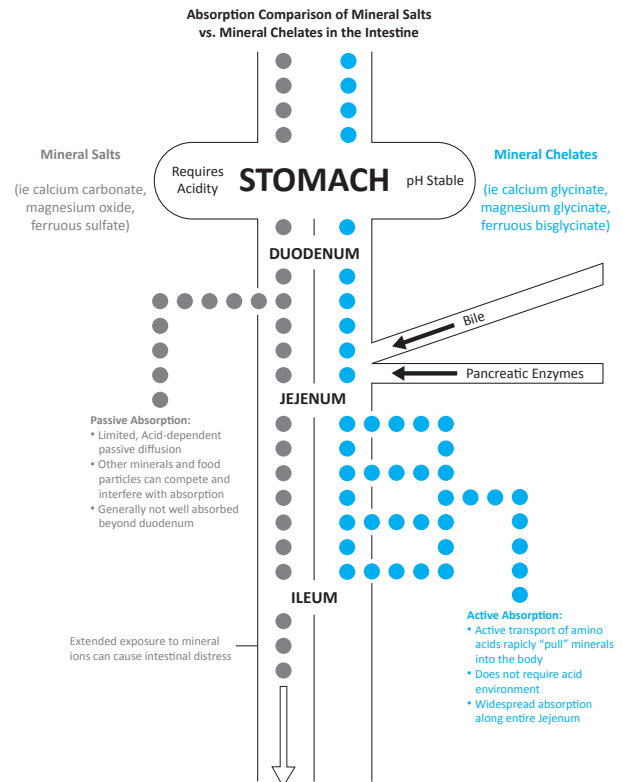


Figure 1

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Comparison studies have shown significantly superior absorption of mineral chelates compared to other mineral forms.

- Chelated zinc is 230% better absorbed than zinc sulfate
- Chelated zinc is 390% better absorbed than zinc oxide
- Chelated zinc offers greater protection from interfering dietary factors

### Immune Function†

Mild to moderate zinc deficiency impacts immune function<sup>[11]</sup> by slowing down the activity of macrophages, neutrophils, natural killer cells, and complement activity.<sup>[12]</sup> Individuals with low zinc levels have shown below-normal immune activity that can be corrected by zinc supplementation.<sup>[12-13]</sup> Low zinc status has been associated with increased risk of immune challenges that benefit from improving zinc levels.<sup>[14-17]</sup>

### Tissue Growth†

Zinc plays a role in maintaining the integrity of skin and mucosal membranes.<sup>[12]</sup> Patients with skin weakness have been observed to have abnormal zinc metabolism and low serum zinc levels.<sup>[18]</sup> Many clinicians have used zinc to benefit patients with thin, fragile skin.<sup>[19]</sup>

### Eye Health†

Researchers have demonstrated that both zinc and antioxidants support eye health in those with age-related loss of visual acuity and general visual decline, by preventing free radical cellular damage in the retina.<sup>[20-21]</sup> One population-based cohort study suggests that high dietary intake of zinc, as well as beta carotene, vitamin C and vitamin E, was associated with added support for eye health in elderly subjects.<sup>[22]</sup>

### Directions

1 or more capsules per day or as recommended by your health care professional.

### Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

### Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

Supplement Facts <sup>V1</sup>		
Serving Size 1 Capsule		
Servings Per Container 60		
1 capsule contains	Amount Per Serving	% Daily Value
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	54 mg	360%

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