

# IMMUNE FIT

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 Fit contains micronutrients and herbal extracts that support a healthy stress response and thus promote immune and respiratory health.\*<sup>1</sup>

## How Immune Fit Works

Quercetin supports healthy inflammatory marker production that balances the effects of poor nutritional choices in supporting immune health.\*<sup>2,3</sup> Research also shows that quercetin supports respiratory health.\*<sup>2</sup>

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.\*<sup>4,5</sup>

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

*Andrographis paniculata* and *Houttuynia cordata* are herbal extracts that support T-cell activity in promoting healthy immune responses.\*<sup>10,11</sup> Both are known to promote healthy respiratory function by supporting innate and adaptive immune responses.\*<sup>12,13</sup>

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

## Immune Fit Supplementation

The ingredients in Immune Fit 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 shows that the ingredients in Immune Fit may:

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



**Form:** 180 Capsules

**Serving Size:** 6 Capsules

Ingredients	Amount	%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> ; standardized to 17% anthocyanins)	500 mg	*
<i>Andrographis paniculata</i> 10:1 Extract (leaf)	400 mg	*
<i>Houttuynia cordata</i> 4:1 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.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A cGMP FACILITY

\* 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.

For more information, visit: [www.justbewell.info](http://www.justbewell.info)

## References:

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