Immune Support

The immune system, which is made up of special cells, proteins, tissues, and organs, defends people against germs and micro organisms every day. In most cases, the immune system does a great job of keeping people healthy and preventing infections. But sometimes problems with the immune system can lead to illness and infection. **Immune Support** is made up of anti-oxidants, vitamins, minerals and herbs to boost the immune system and fight viruses and bacteria.

The following is a breakdown of Oregon Health's Immune Support with regards to their roles in improving immunity:
Beta Carotene, a carotenoid which is converted in the body as Vitamin A, is a primary antioxidant and is an essential human nutrient. **Vitamin C (ascorbic acid)** is antioxidant that detoxifies many harmful substances and plays a key role in immunity. Vitmain C increases the synthesis of interferon, a natural antiviral substance produced by the body. **Zinc Glycinate** and **Selenomethione** are vital antioxidants similar to Vitamin C and Vitamin E. Both are important to the immune system by preventing and fighting free-radical formation. Zinc protects the liver against chemical damage. Selenomethione is simply the mineral selenium bound to methionine for better absorption. Selenomethione produces antibodies to help maintain a healthy heart and liver. **Andrographis** is one of the best herbs to boost the immune system with anti-inflammatory properties. Andrographis also promotes upper respiratory health. It works in combination with Echinacea to treat and prevent cold and flu symptoms. Studies revealed andrographis reduced sore throats, earaches, nasal drainage, sleeplessness and other cold symptoms. **Bee Propolis** is excellent aid for bacterial infections. It stimulates the immune system and controls mucus, dry cough and throat infections.
Echinacea strengthens the immune system by stimulating white blood cells. Echinacea has anti-inflammatory and antiviral properties. **Grape Fruit Seed Extract** is a broad-based potent antimicrobial that directly attacks bacteria, viruses and fungi upon contact. **Grape Seed Extract** is an antioxidant that fights free radicals, strengthens the immune system. Grape Seed has anti-inflammatory properties, promotes anti-aging and reduces stress. **Olive Leaf** is an herb that fights viruses and bacteria, boosts energy and combats fevers. **Garlic** is a potent immune stimulant and natural antibiotic. Garlic fights viruses and infections. Good for the heart and colon, garlic improves circulation and lowers cholesterol and blood pressure. **Elderberry** is a powerful cleansing antioxidant that fights inflammation, lowers fevers, soothes the respiratory tract and stimulates circulation. Elderberry prevents Influenza viruses from entering the cells.
Amla contains powerful antioxidant properties. Amla helps reduce fevers, suppress inflammation and stimulates production of white blood cells. Amla may help lower cholesterol and blood sugar levels. **Astralagus Root** acts as a tonic to protect the immune system, promotes healing, increases metabolism and provides energy to combat fatigue. It's also effective for chronic lung weakness.
Reishi Mushroom Extract prevents and treats allergies, inhibits inflammation and stimulates the production of antibodies. Reishi improves blood circulation and stamina, alleviates anxiety and counteracts immune system damage. **Maitake Mushroom Extract** suppresses many forms of detrimental bacteria and viruses, while stimulating the immune system. **Shitake Mushroom Extract** stimulates the immune system and the production of interferon that counteract Influenza Virus Type A.

Sources
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Friedland. Is Andrographis the next big immune booster? *Natural Foods Merchandiser*. 1991. *Naturbase® "Lite" and "Professional"* CD-ROM. Version 1.5. 1997.