



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## POWER TO THE IMMUNE SYSTEM

9 Immune Products → In One Packet

Groundbreaking New Formula



## New Immune Support Packs

**“It combines nutrients from 9 bottles of immune building nutrients and put them together in 1 convenient daily pack.”**

How many pills can a person take? That's the question I have been asking myself for the last year. I mean we want to make sure we have foundational nutrients to create cellular reserves so when we are exposed to viruses our bodies can mount the proper response.

To address this dilemma, Biotics Research combined nutrients from 9 bottles of immune building nutrients and put them together in convenient daily packs called Immune Support Packs. Each daily packet includes therapeutic levels of foundational nutrients, and they also loaded it with therapeutic levels of what I would call “high-tech” botanicals.

So, what immune enhancing nutrients do we need? The

latest wellness research recommends 4 areas of support.

1) Anti-Viral agents. This includes supporting the integrity of barrier defenses like cell membranes, the gut, immune protective anti-bodies, etc. We can accomplish that by using: Vitamins A, D, C, Zinc, Selenium

2) Anti-Replication to slow or stop viral replication by supplementing with: A, D, Zinc, Selenium, NAC, and Melatonin

3) Immuno-Nutrition to support but not over-stimulate the immune system by using: D, C, Zinc, Selenium, NAC, and Melatonin

4) Cell-System support which includes mitochondrial as well as whole body systems to

promote recovery and repair and prevent recurrence by using: A, D, C, Zinc, Selenium, NAC, and Melatonin. Notice that vitamin D, zinc, and selenium are in all four categories. These and other nutrients in therapeutic dosages are the foundation of Immune Support Packs. But let's look at the rationale of additional botanicals that reinforce or amplify these essential nutrients.

Let's start with NAC because it has so many features and at 1000 mg per packet, it is a therapeutic dose. NAC has been shown to increase glutathione. It helps chelate heavy metals, especially mercury. NAC reduces inflammation through many mechanisms and inhibits viral

This is a transcript from a “video magazine” we send out each week called the Wellness Minute.  
If you're not getting our Wellness Minute videos each week, sign up at the front desk.

replication. It has anti-oxidant properties and also thins thick mucus.

In a study, 262 people were given 600 mg of NAC for 6 months. Of those who had detectable flu virus in their blood-stream, only 25 percent of those taking NAC developed flu symptoms.

Included is another botanical called EGCG at 200 mg. The main benefit of EGCG lies in its ability to support healthy tissues, support the immune system and act as an intra-cellular carrier for zinc. It possesses antiviral and anti-sepsis actions. In terms of COVID, EGCG has an anti-fibrotic effect and can simultaneously downregulate expression and signaling of many inflammatory mediators.

Other botanicals in Immune Support Packs are: Astragalus 200 mg - an adaptogen used as energy enhancement. Astragalus supports immuno-modulation. Elderberry 250 mg - shows inhibitory effects against many pathogenic microorganisms and has antioxidant, polyphenol benefits. Coenzyme Q10 50 mg - the most important nutrient to support mitochondria. The strength of the immune system depends on the health of the mitochondria. Reduced energy means reduced ability to fight infection. CoenzymeQ10 acts as an antioxidant, neutralizing free radicals and protecting cells

from oxidative damage. Quercetin 50 mg - A dietary flavonoid with free-radical fighting and immunomodulatory effects promotes a healthy immune response. It helps carry zinc inside the cell. And remember, zinc slows viral replication.

All of the nutrients and botanicals in Immune Support Packs promote a healthy immune system. This means a balanced inflammatory response averting a cytokine storm. But perhaps the best thing about Immune Support Packs is the convenience factor. Each 5 capsule packet contains carefully selected ingredients from NINE Biotics Research products used regularly for immune support PLUS added elderberry, green tea extract, astragalus, quercetin, and citrus bioflavonoids. Everyone likes convenience. Having these immune supporting nutrients together in one individual daily packet makes it easy, and they are great for people on the go.

Having an immune building strategy, one that's practical and easy to do, can help you feel more confident. A lot of people are experiencing fear and have concerns. And now many are afraid of the potential side effects of vaccines. Immune Support packs are an excellent way to support your immune system and provide peace of mind to both young and old. Contact your Wellness professional and ask about Immune Support Packs from Biotics Research.