

Immune Health Support

With *Echinacea* & *Astragalus*



**Kustom
Wellness**

Be Your Best

www.kustomwellness.net

DESCRIPTION

Immune Health Support is a comprehensive formula that provides essential vitamins and minerals for general nutritional support, and a generous supply of specialty agents specifically implicated in immune wellness. The synergistic combination of ingredients in Immune Health Support helps provide an ideal environment for optimal immune function.

FUNCTIONS

There are many factors that can challenge a healthy immune system including, stress, exposure to toxic compounds, allergies, bacteria, viruses, irregular sleeping patterns and a poor diet. The immune system is very complicated and is comprised of many highly specialized immune cells, each of which play various roles in maintaining and regulating normal, healthy immune function. Vitamins, such as vitamin C, A B-6, B12 and folic acid and minerals like zinc play an essential role in the immune response and the health of the thymus gland where T lymphocytes mature and become active. Echinacea helps “activate” the immune system and stimulate certain immune cells that are critical to maintaining overall health. It also helps keep the respiratory system healthy when challenged, particularly during winter months. The mushrooms maitake, shiitake, and reishi are rich in polysaccharide compounds known as beta-glucans, which have been shown to stimulate important immune cells. Quercetin is a strong antioxidant and helps provide support for healthy levels of histamine; a chemical involved in cold and allergy-related symptoms. The active compound in goldenseal, berberine, has shown antibiotic and antifungal properties and the sulphur compounds found in garlic have been researched for their immune-supporting properties. Ligustrum is used in traditional Chinese medicine and shown to help support immune function in immune-compromised subjects.

INDICATIONS

Immune Health Support may be a useful dietary supplement to help support immune response and function, particularly during times of stress or during the cold and flu season.

SUGGESTED USE

Adults take 2 capsules 3 times daily with meals, or as directed by a healthcare professional.

SIDE EFFECTS

Warning: Consult your physician prior to using this product if you are pregnant or nursing, taking medications, or have a medical condition.

Discontinue use two weeks prior to surgery.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

FORMULA (WW #10086)

2 Capsules Contain:

Vitamin A (as beta carotene).....	2,500 IU
Vitamin C (as ascorbic acid).....	100 mg
Vitamin B-6 (as pyridoxine HCl).....	5 mg
Folic Acid.....	400 mcg
Vitamin B-12 (as cyanocobalamin).....	5 mcg
Pantothenic acid (as calcium pantothenate).....	5 mg
Zinc (as monomethionine).....	10 mg
<i>Echinacea angustifolia</i> root extract.....	100 mg (Standardized to 4% [4mg] echinacosides)
<i>Astragalus membranaceus</i> root extract.....	250 mg
Maitake mushroom TD-fraction extract.....	25 mg
Maitake mushroom powder.....	100 mg
Shiitake mushroom powder.....	200 mg
Reishi mushroom powder.....	100 mg
<i>Ligustrum lucidum</i> fruit extract.....	100 mg
Goldenseal root (<i>Hydrastis canadensis</i>).....	10 mg
Quercetin.....	50 mg
Garlic bulb powder (<i>Allium sativum</i>).....	50 mg
Other Ingredients: capsules (gelatin and water), rice powder, magnesium stearate, and silica.	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

REFERENCES

- Stephensen CB. Vitamin A, infection, and immune function. *Annu Rev Nutr.* 2001;21:167-92.
- Preedy VR; Watson RR; Sherma Z (2010). *Dietary Components and Immune Function (Nutrition and Health)*. Totowa, NJ: Humana Press.
- Keen, CL; Gershwin, ME (1990). “Zinc deficiency and immune function”. *Annual review of nutrition* 10: 415–31.
- Sachin A Shah, Stephen Sander, C Michael White, Mike Rinaldi, Craig I Coleman (July 2007). “Evaluation of echinacea for the prevention and treatment of the common cold: a meta-analysis”. *The Lancet Infectious Diseases* 7 (7): 473–480.
- Borchers AT, Keen CL, Gershwin ME. Mushrooms, tumors, and immunity: an update. *Exp Biol Med* (Maywood). 2004 May;229(5):393-406.
- Kodama N, Komuta K, Nanba H (2003). “Effect of Maitake (*Grifola frondosa*) D-Fraction on the activation of NK cells in cancer patients”. *Journal of Medicinal Food* 6 (4): 371–7.
- Bisen PS, Baghel RK, Sanodiya BS, Thakur GS, Prasad GB. (2010). “*Lentinus edodes*: a macrofungus with pharmacological activities”. *Current Medicinal Chemistry* 17 (22): 2419–30.
- Paterson RR (2006). “Ganoderma – a therapeutic fungal biofactory”. *Phytochemistry* 67 (18): 1985–2001.
- Williamson G, Plumb G.W., Uda Y., Price K.R. and Rhodes M.J. Dietary quercetin glycosides: antioxidant activity and induction of the anticarcinogenic phase II marker enzyme quinone reductase in HepalC7 cells. *Carcinogenesis* 1996; 17(11):2385-2387.
- Etefagh K.A., Burns J.T., Junio H.A., Kaatz G.W., Cech N.B., “Goldenseal (*Hydrastis canadensis* L.) Extracts Synergistically Enhance the Antibacterial Activity of Berberine via Efflux Pump Inhibition”, *Planta Medica* 2010
- Mills, Simon; Bone, Kerry (2000). *Principles and practice of phytotherapy: modern herbal medicine*. Edinburgh: Churchill Livingstone.
- Simonetti, G. (1990). Schuler, S., ed. *Simon & Schuster’s Guide to Herbs and Spices*. Simon & Schuster, Inc.

Manufactured For:

Kustom Wellness

4550 Donald Ross Rd, #113
Palm Beach Garden, FL 33418
844.424.6304
kustomwellness.net

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.