

Tier 1: Essential Nutrients for Immune Health‡

| Key Nutrients | Product Recommendations† | Description |
|---------------|---|--|
| Vitamin C | ZnAC PB Ester-C® DS Iron C PE Essentials 75 DS Inflam Health & More DS B-Complex with Vit C DC Hemochelate DC | Vitamin C supports a wide range of physiological functions, including immune function and vascular integrity. It supports the body's defense system by enhancing white blood cell function and activity, and increasing interferon levels, antibody responses, and secretion of thymic hormones. ‡ |
| Vitamin D-3 | Vitamin D-3 5000IU DC | Vitamin D's role in immune health has long been established; vitamin D receptors are found on a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation. ‡ |
| Zinc | ZnAC PB Essentials75 DS Inflam Health & More DS | Zinc supports the body's natural defense system. Zinc is essential in maintaining integrity of the immune response and controls a healthy inflammation response. ‡ |
| Selenium | Essentials 75 DS Inflam Health & More DS | Selenium supports antioxidant defenses, immune function and cellular health. ‡ |
| Vitamin A | Essentials 75 DS Inflam Health & More DS | Vitamin A is essential to the healthy functioning of a number of biological processes, including vision, growth, reproductive function and the body's defense system. It also supports healthy maintenance of mucous membranes. ‡ |
| Probiotics | Probiotics 30 Billion DS | Support for the immune system, in addition to gastrointestinal health. ‡ |

Tier 2: Support for Natural killer Cell Activity for first-line support‡

| Key Nutrients | Product Recommendations† | Description |
|--|---|--|
| Reishi mushroom extract, Maitake, Chaga mushroom | Defend X DS | Defend X is designed to promote cell-mediated immune response, including NK cell and macrophage activity. Defend X may be indicated for enhancement of natural defenses and mucosal health. Defend X is a unique mushroom-derived extract designed to provide support to the immune system and may serve a vital function in supporting the body's natural defense mechanisms. ‡ |
| Multivitamin & Chelated Minerals | Essentials 75 DS Vidoplex DC | Essentials 75 is designed to support key pivot points in immune function, including neutrophil and NK cell response, and cytokine production. ‡ |
| Echinacea | Attack PB Echinacea DeeCee | A bitter herb which has antibiotic, antiviral, and anti-inflammatory properties and is good for the immune system, lymphatic system and glandular swelling. ‡ |
| Ginseng (Eleuthero) | Inflam Health & More DS Respiratory Health DS Attack PB | As an immune stimulant, eleuthero may shorten the length and severity of lung infections. ‡ |
| Black Currant Seed | Inflam Health & More DS | Black currant seed oil contains gamma linolenic acid (GLA), a fatty acid that has multiple physiological roles. Studies have shown that GLA promotes healthy prostaglandin E1 (PGE1) production.‡ |
| Oregano | Defend X DS Oil of Oregano DC Yeast/ Fungal Detox DS | Oregano is used for respiratory tract disorders such as coughs, asthma, croup, and bronchitis. ‡ |

Tier 3: Boost Th1 Response for innate immunity and cell-mediated defense‡

| Key Nutrients | Product Recommendations† | Description |
|------------------------------|---|--|
| Ginger | Inflam Health & More DS Respiratory Health DS | Ginger modulates the production of Tumor necrosis factor-alpha (TNF-alpha) and interleukin-6 (IL-6), according to preclinical data. ‡ |
| Zinc | ZnAC PB Essentials75 DS Inflam Health & More DS | Zinc supports the body's natural defense system. Zinc is essential in maintaining integrity of the immune response and controls a healthy inflammation response. ‡ |
| Golden Seal Root (Berberine) | Attack PB Sinus PB BCT Oil PB | Clinical and preclinical studies show that berberine positively influences immune biomarkers related to cell and tissue health, and in vitro evidence suggests that berberine supports maturation of T cells into Th1 cells and production of IL-12, an important Th1-promoting cytokine. ‡ |
| Glutathione | Liver Health & More DS | Glutathione is a key component of the antioxidant system, which protects the body from free radicals at the cellular level. Reduced glutathione is involved in the synthesis and repair of DNA, and enhances the antioxidant activity of vitamin C, the transport of amino acids, and the detoxification of harmful compounds. Liver Health & More supports tissue levels of glutathione, a key component of the antioxidant defense system. ‡ |

Tier 4: Maintain Cytokine Balance in part by signaling molecules that mediate and regulate immune system and inflammation

| Key Nutrients | Product Recommendations† | Description |
|---------------|--|---|
| Curcumin | Turmeric DS Inflam Health & More DS Trauma Less DS Liver health & More DS Hemp Plus with Turmeric DS | Curcumin has a long history of use for supporting healthy cyclooxygenase, prostaglandin and leukotriene metabolism. It also appears to maintain healthy cell cycle function and provides important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function.‡ |
| Ginger | Inflam Health & More DS Respiratory Health DS | Uses include treating upper respiratory tract infections, cough, and bronchitis. |
| Quercetin | Inflam Health & More DS | Quercetin has antioxidant properties that can stabilize a hyper immune system along with a respiratory tract that has been invaded by toxins, viruses, and bacteria. The flavonoids found in Quercetin work an anti-inflammatory, which is useful in supporting lung health during a variety of breathing issues. ‡ |
| Vitamin D | Vitamin D-3 5000IU DC | Vitamin D's role in immune health has long been established; vitamin D receptors are found on a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation.‡. |
| Pycnogenol | Pycnogenol DS | Pycnogenol is one of the most powerful natural antioxidants that helps protect cells from damage. |

Tier 5: Promote sleep & calm, for restorative support of immune function‡

| Key Nutrients | Product Recommendations† | Description |
|---------------------------|---|---|
| Ginseng, Eleuthero | Respiratory Health DS Inflam Health & More DS Attack PB | <i>Panax ginseng</i> and <i>Eleutherococcus senticosus</i> , or eleuthero, are highly recognized adaptogens, promoting physiological balance and moderating occasional stress.‡ |
| Rhodiola | Inflam Health & More DS Attack PB | Rhodiola can have a calming effect on the central nervous system. In particular, rhodiola may moderate the effects of occasional physical and emotional stress. Recently, a double-blind crossover study suggests that rhodiola may help to moderate mild fatigue under stressful conditions.‡ |
| Valerian & Passion Flower | Tense-Less DS Formula 303 DC Relax-S DS | During sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Certain cytokines need to increase when you have an infection or inflammation, or when you're under stress. Sleep deprivation may decrease production of these protective cytokines. In addition, infection-fighting antibodies and cells are reduced during periods when you don't get enough sleep. So, your body needs sleep to fight infectious diseases.‡ |

Product Line Key:

DS Doctor Sierra's Naturals

PB Professional Botanicals

PE Pure Encapsulations

DC Dee Cee laboratories

To browse all products, please visit

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Please note that patients may not require all supplements listed.

‡This guide of Key Ingredients (compliments of Pure Encapsulations) is based on scientific research and the clinical experience of our Key Opinion Leaders* around the world, from the U.S., Canada, U.K. and Australia, with wide-ranging expertise in hormones, the elderly, metabolic health, immune support, gastrointestinal health and more. It was developed using counsel and direction from leading immunology expert Sam Yanuck, D.C., FACFN, FIAMA*

‡The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.