

# Immune Support Core

## Evidence-based nutrition for cold and flu season, and general immunity

### Immune Support Core

- **Andrographis 500 mg/cap:** Standardized to contain 10% andrographolides

Comprehensive nutritional support can improve:	Nutrients are supplied in bottles:
<ul style="list-style-type: none"> <li>• Immune resistance to colds &amp; flu               <ul style="list-style-type: none"> <li>• Ability to respond to stress</li> </ul> </li> <li>• Immune response to flu shot               <ul style="list-style-type: none"> <li>• Quality of life</li> </ul> </li> <li>• Work/School performance</li> </ul>	<ul style="list-style-type: none"> <li>• Tamper-proof</li> <li>• Convenient and simple</li> <li>• Ideal for travel</li> </ul>

Most of us will be exposed to the viruses that cause colds, flu, GI and Upper Respiratory infections on multiple occasions throughout the season. It's unavoidable; these viruses are everywhere. This is the bad news. The good news is that the preparedness of the immune system will go a long way towards determining whether we feel sick or resist infection once we get exposed to these viruses. The immune system has a big job to do. It's quite literally your best friend when it comes to protection against colds, flu and infections of all types. But stress, fatigue, travel, aging, exercise habits, sub-optimal nutrition, and more lower the immune system's ability to do its job. The result is that today's busy lifestyles often leave us ill prepared to resist these unwanted guests...viral infections. Close the door to these unwanted visitors by lending your immune system a helping hand. Supplement your diet with the evidence-based nutrition that will better prepare your immune system to be ready this cold and flu season.

### Andrographis

Andrographis is the most studied nutritional product for colds and flu. Double-blind research has found that supplementing the diet with this herb improves resistance against colds, hastens recovery after cold and flu exposure, and reduces the likelihood of having post-viral complications. Other herbs, such as Echinacea, while often getting a lot of attention for preventing colds; have been ineffective in studies assessing their ability to decrease the number of people who get colds, and do not duplicate the benefits found from taking Andrographis. *Andrographis paniculata* has a long history of reported successful use in various Asian cultures. It is found through Chinese medicinal literature, modern and ancient; it is prominently listed in the *Indian Pharmacopoeia*. A member of the *Acanthaceae* plant family, it is also widely used in Scandinavian countries.

## Dosing guidelines:

**Prevention:** 1 capsule daily  
**Acute Needs:** Children under 12: 1 capsule 2-3 times daily  
Teens and Adults < 120 pounds: 2 capsules taken 2 to 3 times daily  
Teens and Adults > 120 pounds: up to 2 capsules taken 3 to 4 times daily

**Pregnancy and Female Infertility Caution:** Historically in some Asian traditional medical systems, Andrographis was used in attempts to terminate pregnancies. Existing data from animal studies contributes to concerns that Andrographis might affect female fertility. In the study, female mice were fed 2 g per kilogram body weight of Andrographis daily for 6 weeks (about 50-100 times higher than the usual human doses). None of the female mice got pregnant despite being mated with males of proven fertility. In the control group (mice not fed Andrographis), 95 % of the female mice got pregnant when mated with a similar group of male mice. Because of these concerns and the absence of human studies, despite the much lower therapeutic doses recommended, we still advise against the use of Andrographis in pregnancy and those attempting to conceive. -Zoha MS, Hussain AHM, Choudhury SAR. Antifertility effect of Andrographis paniculata in mice. Bangladesh Med Res Counc Bull. 1989;15:34–37.

**For more information contact this office:**

*Call 888-888-8565 for customer service, product information, or additional information on ordering this and other nutritional products and services. Visit our website [www.healthcoach.com](http://www.healthcoach.com)*

\*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.