

Support Your Immune System Naturally

Your immune system is made up of a network of cells, tissues and organs. It is the body's defense against infectious organisms and other invaders through a series of steps called the immune response.

White Blood Cells

Two types of white blood cells that protect the body against infection Phagocytes & Lymphocytes.²

Lymphocytes

- Find and target invaders.
- Produces antibodies.
- Helps Phagocytes destroy invaders.³

Phagocytes

- Fights bacteria, calls in reinforcements.
- A marker in blood tests for infections.⁴

Bone Marrow

- Produces red and white blood cells.
- Produces platelets to help blood clot.

Tonsils & Thymus

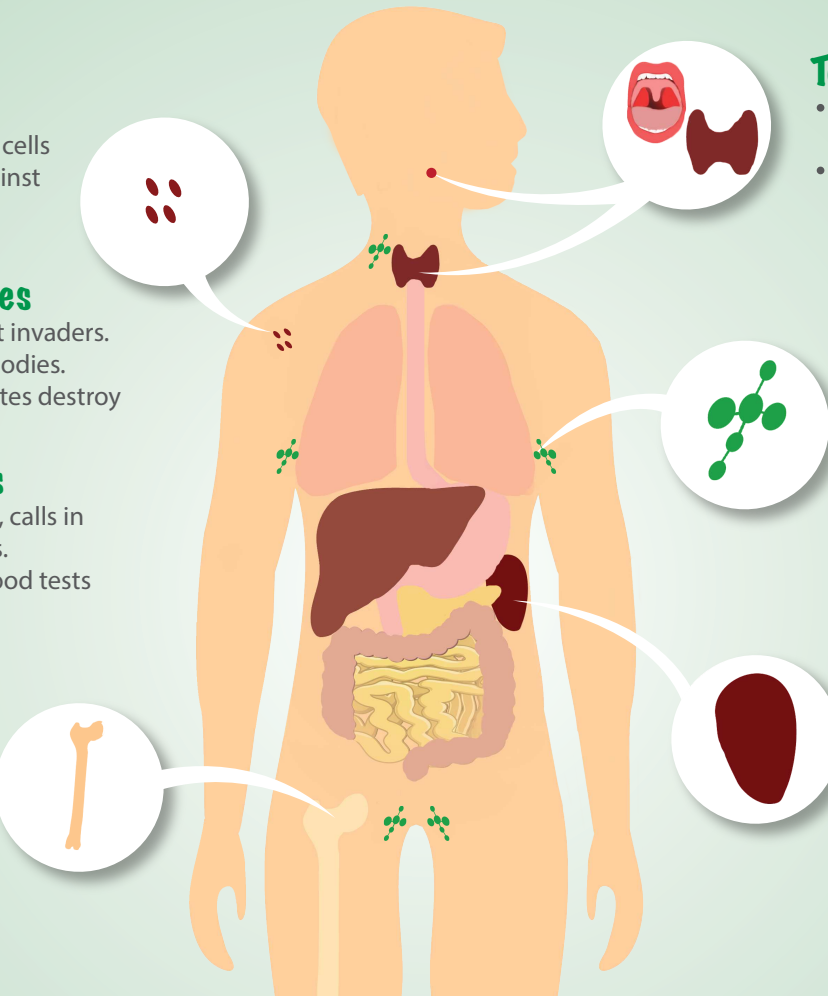
- Make antibodies to protect your body.
- Helps you recover faster.

Lymph Nodes

- Sends lymph fluid, nutrients, and waste between the body tissues and the blood stream to trap bacteria & viruses.¹

Spleen

- Filters blood.
- Helps destroy bacteria.



Support Your Immune System

Sleep

Sleep deprivation can make you more susceptible to sickness and increase the duration of your symptoms and recovery.

Vitamins & Herbs

Certain vitamins and herbs can help boost your immunity including cinnamon bark, ginger, stinging nettle.

Eat Right

The vitamins and minerals from a balanced diet can help boost your immune system including Vitamin A, Vitamin B6, Vitamin C, Vitamin D, Iron and Zinc.

Exercise

Promotes circulation, allowing cells and substances related to the immune system to move through the body efficiently.

The medical and/or nutritional information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

1-2 WebMD Medical Reference. Components of the Immune System. 2014. Accessed November 29 2016.

3-4 WebMD Answers. What Are Lymphocytes. 2012. Accessed November 29 2016.