



# Immune System Health

*A Health Care Professional's Guide to Targeted Supplementation*





## Help Your Patients Maintain a Strong Immune System

To achieve and maintain wellness, your patients look to you for advice. You can help them understand the role nutrition and supplementation play in maintaining a strong immune system.\*

When you recommend Standard Process and MediHerb supplements, you are empowering your patients to support their own health. As a practitioner, you know the benefits of optimal health and a strong immune system. You can guide your patients to improve their overall well-being so they can be at their best for work, family, and activities.



# Identify Immune System Challenges

## Many of your patients face immune system challenges every day.

Stress, inadequate sleep, poor eating habits, and general aging can leave patients vulnerable and less equipped to fight off seasonal immune system challenges. Maintaining a strong immune system with nutritional and herbal supplements can prepare patients for daily stressors.\*



## What is the immune system?

The immune system helps the body defend itself against everyday and acute stressors. This complex system of organs, tissues, and cells has the ability to produce, store, and carry white blood cells. When there is a weakening of the system, it is harder for the body to maintain a healthy balance.

## What can cause a weakened immune system?

**Chronic stress.** More than 30 percent of American adults report that stress has a strong or very strong impact on the body and physical health. Long-term or extreme stress can have health consequences and adversely affect the immune system.

### FACT

*According to the American Psychological Association, the top three sources of significant stress in 2015 were money, work, and family responsibilities.*



**Natural aging.** Many adults experience immune system challenges as they get older. As people age, immune system function can decline, leaving them more vulnerable to immune system challenges. Proper nutrition and supplements can provide the extra support needed to maintain wellness.\*

### FACT

*U.S. Census Bureau projections from 2014 predict Americans age 65 and older will increase from 47.8 million to 65.9 million from 2015 to 2025.*



**Lack of sleep.** According to the Centers for Disease Control and Prevention, more than a third of adults do not get the recommended amount of sleep on a regular basis. Numerous studies have shown a link between inadequate sleep and impaired immune system function.

### FACT

*The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults ages 18-60 sleep at least seven hours each night to promote optimal health and well-being.*



# Recommend Products Backed by Research

## Echinacea Promoted Immune System and Respiratory Health in Air Travelers

A double-blind clinical trial investigated the effect of Echinacea Premium on the immune system and respiratory health of long-distance air travelers. Adults flying from Australia to America, Europe, or Africa took MediHerb Echinacea Premium tablets or a placebo for two weeks before flying, during the trip, and for two weeks after their return. Echinacea Premium was found to significantly support and protect immune system and respiratory health in air travelers in the trial.\*



## Andrographis: Efficacy Through Quality Control

Clinical trials suggest that to be effective, Andrographis products should contain substantial levels of the andrographolides known to support the healthy functioning of the upper respiratory tract. MediHerb's stringent testing ensures that andrographolides are retained in the product throughout the manufacturing process.\*



## Congaplex® and Immuplex® Study

In a 2009 publication, Standard Process scientists reported that in T cell cultures:

- Immuplex reduced T cell "discussions" and calmed cell signaling.
- Congaplex increased T cell signaling in a dose-dependent manner.
- In the mix of human white blood cells, both supplements reacted similarly, suggesting that with the complexity of multiple immune signals, these supplements act in a far more adaptogenic manner.\*

In other words, these supplements work with the complex immune system response function

instead of simply upregulating or downregulating cell signals. Cell culture is a very simplified way to study these effects and comes with serious limitations.



But it does provide a starting point for future investigation and interesting hypotheses related to the underlying mechanism of action for Congaplex and Immuplex.\*

## Direction of Statistically Significant Change in Cytokine Level After Treatment

Cytokine	Treated With				
	Congaplex® (Short Term)		Immuplex® (Long Term)		
Tumor necrosis fact $\alpha$		▲		▼	
Interleukin 13					▲
Interleukin 10	▲		▼		
Interleukin 2		▲		▼	
Interleukin 4					
Interleukin 8	▲	▲	▲	▲	
Granulocyte-macrophage colony-stimulating factor		▲	▼	▼	
Interferon $\gamma$					▼

CEM   Jurkat
CEM   Jurkat   PBMCs

Immature, immortalized T cell lines
Peripheral blood mononuclear cells

To see our product research studies, visit: [www.standardprocess.com/immune](http://www.standardprocess.com/immune)

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Each patient's individual needs should be evaluated before making recommendations. Use this chart as a guideline, and visit [standardprocess.com/immune](https://www.standardprocess.com/immune) for more information.

Acute Immune System Support (Short Term)		
<p><b>Congaplex® or Congaplex® Chewable</b></p> <p>2900 40 capsules 2925 150 capsules 2930 90 tablets</p>	<p>Supports healthy immune system response function and provides ingredients with antioxidant activity. Contains ribonucleic acid, which the body uses to build new cells.*</p>	<ul style="list-style-type: none"> <li>› 3 capsules per meal, or as directed</li> <li>› 3 tablets per meal, or as directed</li> </ul>
<p><b>Andrographis Complex (MediHerb)</b></p> <p>M1110 40 tablets M1115 120 tablets</p>	<p>A blend of Andrographis, <i>Echinacea angustifolia</i> root, and Holy Basil that provides a unique range of phytochemicals to support a healthy immune system response and healthy respiratory system function.*</p>	<ul style="list-style-type: none"> <li>› 1 tablet 2-4 times daily, or as directed</li> </ul>
Everyday Immune System Support (Long Term)		
<p><b>Immuplex® GF</b></p> <p>4935 40 capsules 4960 150 capsules</p>	<p>Blends essential micronutrients and minerals as well as Protomorphogen™ and Cytosol™ extracts to support the immune system. Helps to maintain normal white blood cell activity already within a normal range.*</p> <p>For a vegetarian option, consider <b>Epimune Complex</b>.†</p>	<ul style="list-style-type: none"> <li>› 2 capsules per meal, or as directed</li> </ul>
<p><b>Echinacea Premium or Echinacea Premium 1:2 (MediHerb)</b></p> <p>M1240 40 tablets M1245 120 tablets M6930 200 mL M6935 500 mL</p>	<p>Combines the root extracts of <i>Echinacea angustifolia</i> and <i>Echinacea purpurea</i> to enhance immune system function. Universal pharma-grade testing and a patented manufacturing process ensure 4.1 mg of alkylamides per tablet. Supports and promotes healthy white blood cells and throat tissue.*</p>	<ul style="list-style-type: none"> <li>› 1 tablet 2-3 times daily, or as directed</li> <li>› 5 mL (approximately 1 teaspoon) diluted in water or juice once per day, or as directed</li> </ul>

†For vegetarian patients: Epimune Complex is designed to balance immune system response and support healthy white blood cells for vegetarian patients.\*

**GF** Gluten-free | This product contains less than 20 parts per million per the serving size listed on each product label.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# A Quality Partnership



## More Than 100 Years of Combined Clinical Experience

### Standard Process Research-Supported Nutrition

Our skilled scientists focus on whole food phytonutrients and the effects of whole food and other ingredients on health. Learn more about research and development at Standard Process in the About Us section at [standardprocess.com](http://standardprocess.com).

### More Than 85 Years of Experience

At Standard Process, we've been producing supplements since 1929, supporting the whole food philosophy of our founder and nutritional pioneer, Dr. Royal Lee.

### Distributed Through Health Care Professionals

Informed guidance and individualized recommendations from a health care professional are vital to the optimal use of nutritional and herbal supplements.

### MediHerb Professional-Strength Herbal Products for More Than 25 Years

Combining time-honored traditional knowledge with clinical experience and scientific research, MediHerb's commitment to quality is unsurpassed in the world today.



Exclusive United States Distributor of MediHerb®



[mediherb.com](http://mediherb.com)



[STANDARDPROCESS.COM](http://STANDARDPROCESS.COM)

©2016 Standard Process Inc. All rights reserved. L4912 11/16