

# Immune Support Packs

“Make sure you have foundational nutrients to create cellular reserves so when we are exposed to viruses our bodies can mount the proper response.”

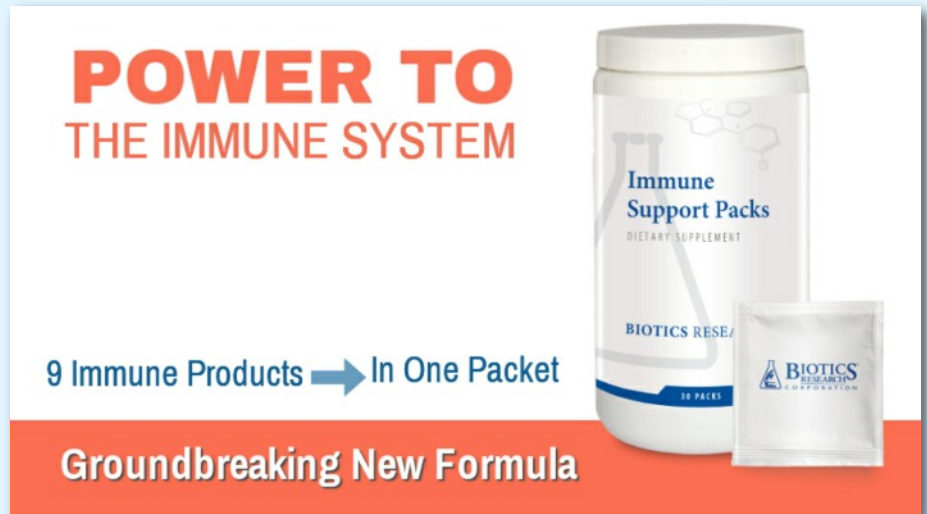
How many pills can a person take? That's the question I have been asking myself for the last year. I mean we want to make sure we have foundational nutrients to create cellular reserves so when we are exposed to viruses our bodies can mount the proper response.

To address this dilemma, Biotics Research combined 9 different bottles of nutrients to create Immune Support Packs. Each daily packet includes therapeutic levels of foundational nutrients and they also loaded it with therapeutic levels of what I would call high tech botanicals.

Let's start with the foundations. Dr. Alex Vasquez has been researching strategies to empower our bodies against viruses since 2014 presented in his book; Antiviral Strategies and Immune Nutrition. Dr. Vasquez focuses on 4 areas to support.

1) Anti-Viral agents. This includes supporting the integrity of barrier defenses like cell membranes, the gut, secretory IgA etc. We can accomplish that by using: Vitamin A, D, C, Zinc, & Selenium.

2) Anti-Replication to slow or stop viral replication by supple-



menting with: A, D, Zinc, Selenium, NAC and melatonin.

3) Immuno-Nutrition to support but not over stimulate the immune system by using: D, C, Zinc, Selenium, NAC and melatonin.

4) Cell- System support which includes mitochondrial as well as whole body systems to promote recovery and repair and prevent recurrence by using: A, D, C, Zinc, Selenium, NAC and melatonin

Notice the nutrients that address all four areas... Vitamin D, Zinc and Selenium. In and of themselves, all of these nutrients are powerful foundational prevention and intervention nu-

trients especially since they are in therapeutic dosages. Let's take a look at the rationale of the other botanicals in Immune Support Packs that reinforce or amplify them.

Let's start with NAC because it has so many features and at 1000 mg per packet it is a therapeutic dose. NAC has been shown to increase glutathione. It helps chelate heavy metals especially mercury. NAC reduces inflammation through many mechanisms and as we discussed above inhibits viral replication. It has antioxidant properties beyond glutathione. It thins thick mucus.

Some mycotoxins from fungus possess immuno-suppressive

properties. One of them is gliotoxin. Interestingly, NAC neutralizes gliotoxin. Here's an example of NAC alone and how it can be used preventatively to combat symptoms of the common cold. 262 people given 600 mg of NAC for 6 months. Of those who had detectable flu virus in their bloodstream, only 25 percent of those taking NAC developed flu symptoms.

We also have EGCG at 200 mg. The main benefit of EGCG lies in its ability to support healthy tissues, support the immune system and act as an intra-cellular carrier for zinc. It possesses antiviral and anti-sepsis actions. In terms of Covid, EGCG has an anti-fibrotic effect and can simultaneously down-regulate expression and signalling of many inflammatory mediators.

A relatively new concept I'd like to mention are biofilms. Biofilms are a self-produced film that protects bacteria and fungus from extreme environments. As you know changes in pH, temperature, salinity, poor nutrient status and antibiotics can disrupt the life cycle of pathogens. Biofilms protect them so they can propagate and multiply. It's kind of a microbial "Protective Clothing". Both NAC and EGCG from Green Tea disrupt biofilms.

Let's move on to the other botanicals in Immune Support Packs. Astragalus 200 mg - is an adaptogen that enhances energy production. Astragalus supports immunomodulation. Elderberry 250 mg - Shows inhibitory effects against many pathogenic microorganisms and has antioxidant, polyphenol benefits.

Coenzyme Q10 50 mg - COQ is the most important nutrient to support mitochondria. The strength of the immune system depends on the health of the mitochondria. Reduced energy means reduced ability to fight infection. CoQ10 acts as an antioxidant, neutralizing free radicals and protecting cells from oxidative damage.

Quercetin 50 mg - A dietary flavonoid with free-radical fighting and immunomodulatory effects pro-

motes a healthy immune response. It helps carry zinc inside the cell. As we know, zinc slows viral replication.

Here's another reason I am pumped about Immune Support Packs. Many of the individual ingredients support the production of telomerase. Telomerase protects telomeres. Telomeres act like shoelace caps protecting our chromosomes. Astragalus, COQ, Green Tea, Polyphenols are all immune supportive but also have anti-aging effects as part of the formula.

I hope you can see that the ingredients in Immune Support Packs promote a healthy immune system. This means a balanced inflammatory response averting a cytokine storm. They protect against oxidative stress and they also support cardiovascular health.

But perhaps the best thing about Immune Support Packs is the convenience factor. Each 5 capsule packet contains carefully selected ingredients from over NINE Biotics Research products used regularly for immune support PLUS added elderberry, green tea extract, astragalus, quercetin, and citrus bioflavonoids.

People like convenience. I would recommend them for people with infections, both acute and chronic, as well as autoimmune patients. You might use them with over trained athletes as well as physically depleted workers or for wound healing. But to me the biggest usage is prevention. A lot of people are experiencing fear because of the media and their obsession with COVID.

And now many are afraid of the potential side effects of vaccines. This is a user-friendly product to support the immune system and provide peace of mind to both young and old. Thanks for taking time to watch, I look forward to being with you again next Tuesday.