



IMMUNE SUPPORT



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Non-GMO Formula

Dietary Supplement

60 Capsules

Supplement Facts

Amount Per Serving	%Daily Value
Vitamin C (as ascorbic acid)	30mg 33%
Vitamin E (as d-Alpha toco, succinate)	20mg 133%
Selenium (as amino acid chelate)	20mcg 36%
Graviola Leaf Powder (<i>Annona muricata</i>)	300mg *
Raspberry Fruit Powder	200mg *
Green Tea Leaf (40% extract)	200mg *
Turmeric Rhizome Powder	100mg *
Beta-glucans Powder (providing 20% 1,3 & 1,6 Beta-glucans (<i>Saccharomyces cerevisiae</i>) (cell wall))	100mg *
Cat's Claw Bark Powder	20mg *
Garlic Bulb Powder	20mg *
<i>Panax ginseng</i> Root Powder	20mg *
Lycopene 10% (synthetic)	2mg *
Quercetin (quercetin dihydrate) (seeds)	50mg *
Pine Bark (95% extract)	100mg *
Grape Seed (95% extract)	100mg *
Pomegranate (40% extract) (seed hull)	50mg *
Herbal Complex (Consisting of Rhubarb Root Powder, Burdock Root Powder, Sheep Sorrel Aerial Parts Powder and Slippery Elm Bark Powder)	100mg *
Mushroom Complex (Consisting of Shiitake Powder, Maitake Powder and Reishi Powder) (mycellial biomass)	80mg *
Arabinogalactan (<i>Larix laricina</i>)	20mg *
Olive Leaf (15% extract)	50mg *

*Daily Value not established.

Other ingredients: Gelatin (bovine), microcrystalline cellulose, vegetable magnesium stearate, and vegetable stearic acid.

SUGGESTED USE: 2 capsules daily preferably with a meal or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, or persons with a known medical condition including any cardiovascular disorder, hypotension (low blood pressure) and Parkinson's disease. If you have questions about the advisability of taking this product, consult your physician prior to use. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.

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www.ITGdiet.com (727) 388-4850



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KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.



This product contains many of the vitamins and supplements you need to help support your Immune System, all in one product.

Vitamin C – (As Ascorbic acid) is an antioxidant that maintains healthy tissue and helps the body absorb iron. Your body needs vitamin C to form blood vessels, cartilage, muscle and collagen in bones. It is also vital to your body's healing process.

Vitamin E (As d-Alpha toco, succinate) it is known for its antioxidant properties. Antioxidants help to protect your body from damaging compounds called free radicals. Normally, free radicals form when your body converts food into energy.

Supplementing with Vitamin E is able to improve T-cell mediated immune function, which boosts the entire immune system. It also seems to be able to enhance the body's antibody response to vaccinations. It is particularly important for the elderly, since a deficiency is associated with a higher risk of bone fractures

Selenium (as amino acid chelate) is an important anti-oxidant that promotes a healthy heart, prostate, and many other organs and systems throughout the body. Selenium is derived from Selenomethionine, a high-bioavailability, organic source of this essential trace mineral. It

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has antioxidant properties, which may help your body fight off illnesses. It also helps maintain the immune system and regulate thyroid function.¹

Graviola Leaf Powder (*Annona muricata* or *graviola*, as the fruit is known) belongs to the family of Annonaceae and is commonly known by many names, including Sour Soup, custard apple, guanabana, huanaba, guanabano, guanabana, durian benggala, nangka blanda, toge-banreisi and cachiman epineux. Graviola is an evergreen and fruit bearing plant native to the hottest tropical areas of North and South America. It is widely distributed in Venezuela, Central America, Peru, Columbia, Mexico, Brazil, Cuba and India.²

Graviola is very popular in the USA, sold in capsules, leaf and stem powder, and is also sold as tea under various trade names. The bark, leaves and roots of a muricata have been used in various parts of the world to manage many diseases, including inflammatory conditions, rheumatism, diabetes, hypertension, insomnia, cystitis, parasitic infections and cancer.²

Raspberry Fruit Powder contains a high amount of powerful antioxidants that may support the body in decreasing the oxidative damage from free radicals and fight inflammation. In addition, it's a great source of fiber, which can help keep our digestive system working smoothly.

Green Tea Leaf (40% extract) has many studies that have shown green tea extract can promote weight loss, blood sugar regulation, disease prevention and exercise recovery. It can also help keep your skin and liver healthy, reduce blood fat levels, regulate blood pressure and improve brain health. It can be consumed in capsule, liquid or powder form.³

Tumeric Rhizome Powder is a spice that comes from the turmeric plant. It is commonly used in Asian food. You probably know turmeric as the main spice in curry. It has a warm, bitter taste and is frequently used to flavor or color curry powders, mustards, butters, and cheeses. It contains a yellow-colored chemical called curcumin, which is often used to color foods and cosmetics. Turmeric is commonly used for conditions involving pain and inflammation, such as osteoarthritis. It is also used for hay fever, depression, high cholesterol, a type of liver disease, and itching.⁴

Beta-glucans Powder (*Saccharomyces cerevisiae*) is polysaccharide, which is a large molecule made up of multiple sugar molecules. Beta-glucan may offer several health benefits, including lowering cholesterol, improving blood sugar management, and boosting the immune system. Beta-glucan is a soluble fiber found primarily in cereal grains like oats, barley, and wheat. It is also in baker's yeast and certain fungi like maitake, shiitake, and reishi mushrooms.⁵

Saccharomyces cerevisiae, a type of budding yeast, is able to ferment sugar into carbon dioxide and alcohol and is commonly used in the baking and brewing industries.

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Cat's Claw Powder is a vine that grows in the rainforests of South and Central America. Two species of cat's claw are used as medicine. *Uncaria tomentosa* is most commonly used in the U.S. *Uncaria guianensis* is used in Europe. Medicine is made from the root and bark.

Cat's claw is most commonly used for improving symptoms of osteoarthritis and rheumatoid arthritis (RA). It is also used for cancer, viral infections, stomach disorders, and other conditions, but there is no good scientific evidence to support these uses.⁶

Garlic Bulb Powder is the bulb of the plant *Allium sativum*. It is related to onions and is eaten worldwide as a vegetable and as a spice that can be added to food.

Garlic has been used as traditional medicine by cultures around the world, including by the Chinese, Egyptians, Greeks, Japanese, Native Americans, and Romans. Its purported uses include fighting infection, improving heart disease, preventing certain types of cancers, and functioning as an antioxidant.⁷

Panax Ginseng Root Powder has suggested uses including being used as an adaptogen which means it can help adapt to internal/external stressors, fight fatigue and increase stamina. It can also help with anxiety, athletic/physical stamina enhancement, cognitive function, mental enhancement, depression, fertility in the male, headaches, immunostimulant, menopausal hot flashes, and impotence.⁸

Lycopene (synthetic) is a powerful antioxidant with many health benefits, including sun protection, improved heart health and a lower risk of certain types of cancer. Though it can be found as a supplement, it may be most effective when consumed from lycopene-rich foods like tomatoes and other red or pink fruits.⁹

Quercetin (quercetin dihydrate) seeds is used as a medicine, most commonly taken by mouth to treat conditions of the heart and blood vessels and prevent cancer. It is also used for arthritis, bladder infections, and diabetes. Quercetin is a plant pigment, making it a flavonoid. It is found in many plants and foods, such as red wine, onions, green tea, apples, berries, Ginkgo biloba, St. John's wort, American elder, and others. Buckwheat tea has a large amount of quercetin.¹⁰

Pine Bark is an extract that is rich in plant pigments called bioflavonoids. Several laboratory studies have found that some of these bioflavonoids have anti-inflammatory and antioxidant properties. Antioxidants are substances that can override harmful molecules like free radicals which are produced within your cells and which may cause tissue damage or disease. Other studies have found that it can reduce the production of specific enzymes that break down cartilage.¹¹

Grape Seed extract is beneficial for several cardiovascular conditions. Grape seed extract may help with a type of poor circulation called chronic venous insufficiency and may help with high cholesterol. Grape seed extract also reduces swelling caused by injury and helps with eye disease

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related to diabetes. Many people are interested in grape seed extract because it contains antioxidants. These are substances that protect cells from damage and may help prevent many diseases.

Pomegranate is rich in antioxidant polyphenols, which can reverse atherosclerosis as well as vascular inflammation, and thereby lower blood pressure along with it has other anti-inflammatory effects.

Herbal Complex is a formula consisting of Rhubarb Root Powder, Burdock Root Powder, Sheep Sorrel Aerial Parts Powder and Slippery Elm Bark Powder.

Mushroom Complex is a formula consisting of Shitake Powder, Maitake Powder, Reishi Powder, and Arabinogalactan (*Larix laricina*).

Olive Leaf has long been used in traditional medicine. Olive leaf extract comes from the leaves of the olive tree (*Olea europaea*) and has a variety of health benefits. Research shows oleuropein, the main component in olive leaf extract, has antioxidant, antibacterial, antimicrobial, anti-inflammatory, and immune-stimulating properties.¹²

Suggested Serving: 2 Capsules Daily

Note: This product is Not recommended for pregnant or nursing mothers, or children under 18 or underlying medical conditions.

Resources:

- ¹ nutriscienceusa.com/l-selenomethionine/#:~:text=Selenium%20is%20an%20important%20anti,of%20this%20essential%20trace%20mineral
- ² academic.oup.com/carcin/article/39/4/522/4859483
- ³ healthline.com/nutrition/10-benefits-of-green-tea-extract
- ⁴ webmd.com/vitamins/ai/ingredientmono-662/turmeric
- ⁵ verywellhealth.com/the-benefits-of-beta-glucan-89418
- ⁶ webmd.com/vitamins/ai/ingredientmono-395/cats-claw
- ⁷ [getroman.com/vitamins-supplements/garlic-bulb-powder/#:~:text=Deodorized%20garlic%20bulb%20powder%20is,able%20to%20produce%20\(1\)](http://getroman.com/vitamins-supplements/garlic-bulb-powder/#:~:text=Deodorized%20garlic%20bulb%20powder%20is,able%20to%20produce%20(1))
- ⁸ rxlist.com/consumer_panax_ginseng_ginseng_root/drugs-condition.htm
- ⁹ healthline.com/nutrition/lycopene#bottom-line
- ¹⁰ webmd.com/vitamins/ai/ingredientmono-294/quercetin
- ¹¹ ersusarthritis.org/about-arthritis/complementary-and-alternative-treatments/types-of-complementary-treatments/pine-bark-extracts/#:~:text=Pine%20bark%20is%20a%20herbal,in%20the%20symptoms%20of%20osteoarthritis
- ¹² healthline.com/health/olive-leaf-extract#otherbenefits

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