



WELLPOINT IMUN RX

A STRONG IMMUNE SYSTEM IS THE KEY TO GOOD HEALTH. Researchers are beginning to see that the way to eradicate disease is from the inside out, by strengthening the bodies own defense, the IMMUNE SYSTEM. The immune system is a network of cells that defends the body against foreign organisms such as bacteria, viruses, and parasites, and guards against the growth of cancers. There is good evidence that many supplements can help maintain a strong, youthful immune system.

The herbal extracts in Imun RX have been clinically proven to alleviate nausea brought on by viral and flu conditions and a compromised immune system. The herbal extracts are also effective in preventing nausea, vomiting associated with motion sickness and/or seasickness. **THIS FORMULATION COULD OFFER A SOLUTION.**

60 Vegetable gelatin capsules per bottle

Non-medicinal Ingredients: Magnesium Stearate, Silicon Dioxide, Hypromellose.

Medicinal Ingredients (per capsule):

Astragalus (*Astragalus Membranaceus*, Root), Forsythia (*Forsythia Suspensa*, Fruit), Slippery Elm (*Ulmus Rubra*, Stem Bark), Ashwagandha (*Withania Somnifera*, Root), Ginger (*Zingiber Officinale*, Rhizome)

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Astragalus (Astragalus Membranaceus) (Root)

Astragalus has been used as a tonic in traditional Chinese medicine since antiquity. In Chinese the herb is called Hung gi. Researchers in both the United States and China have found clues that it may well live up to its 2,000 year reputation as an immune system booster. This herb is included in many combinations to promote the action of other herbs. It is used to promote urination, speed healing of burns and abscesses and generally bolster the body's resistance to disease. Chinese healers also use astragalus to treat the common cold, arthritis, weakness, diarrhea, asthma, and nervousness. In Chinese hospitals, astragalus is used to help people with cancer recover from the immune system wipeout caused by chemotherapy cancer isn't the only ill for which astragalus may hold promise. In Shanghai, doctors have shown that compounds from the root can protect heart cells from damage caused by the coxsackie B virus, which can scar the hearts of both adults and infants.

It is most used today as an energizing tonic by the physically active, to protect the body against infection and treatment of cancer. Favorable effects in this regard were reported in CANCER, the prestigious publication of the American Cancer Society.

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Forsythia (*Forsythia Suspensa*, Fruit)

Forsythia has broad-spectrum antimicrobial activity. Main antibacterial components are forsythol and its volatile oils, which have a strong inhibitory effect on *Staphylococcus aureus* and *Shigella* and a certain inhibition on influenza virus, *leptospira*, and other pathogens and thus prevent hemolysis (the rupture or destruction of red blood cells).

Forsythia has anti-inflammatory and antipyretic effects (prevent or reduce fever).

The oleanolic acid contained in Forsythia can strengthen the heart, induce diuresis (reduce excessive production of urine) and lower high blood pressure.

The vitamin P contained can reduce vascular permeability and fragility.

Forsythia is used for swelling of small air passages in the lung (bronchiolitis), tonsillitis, sore throat, fever, vomiting, heart disease, HIV/AIDS, gonorrhea, pain and swelling (inflammation), and a severe skin rash with fever and vomiting caused by a bacterium (erysipelas).

TCM (Traditional Chinese Medicine) concludes that it is bitter in flavour and slightly cold in properties. It covers three meridians, namely lung, heart, and gall bladder. Its essential functions include clearing away heat and toxic materials, reducing swelling, and dissipating nodules.

Main Forsythia uses and indications are wind-heat type common cold, febrile (symptoms of fever) disease, anuria (failure of kidney to produce urine) in heat strangury (condition caused by blockage or irritation at the base of the bladder, resulting in severe pain and strong desire to urinate) , boils and carbuncles, pyogenic (involving or relating to the production of pus) infections, scrofula (a disease with glandular swelling, probably a form of tuberculosis), goiter and tumour and pharyngitis (inflammation of the pharynx, causing a sore throat.

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Slippery Elm (*Ulmus Rubra*, Stem Bark)

Slippery elm bark has a remarkably high mucilage content with exceptional nutritional value. It is easily digested and used as a food in convalescence. The mucilage is soothing to the G.I. tract and improves digestion. Slippery elm is antitussive (anti-cough) and anti-inflammatory. It works to soothe sore throats. Slippery elm has a reputation as a medicine for bronchitis, pleurisy and coughs. It has received official recognition in the United States Pharmacopeia. Slippery elm also helps to absorb and eliminate toxins from the body.

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Ashwagandha (*Withania Somnifera*, Root)

Ashwagandha is one of the most important herbs in Ayurveda, a form of alternative medicine based on Indian principles of natural healing.

Ashwagandha is an Ayurveda herb, used for over 3000 years, known for its extremely powerful, intelligent, and notoriously restorative benefits.

It is an adaptogen that helps regulate the hormones in your body. An adaptogen is a natural substance that helps the body adapt and regulate to cope with the stresses of life, clear brain fog, and restore balance.

Ashwagandha can reduce blood sugar levels, through its effects on insulin secretion and sensitivity.

Ashwagandha has Anti-Cancer properties. Animal and test-tube studies have found that this herb helps induce the apoptosis or “programmed cell death” of cancer cells. It also impedes the growth of new cancer cells. Animal studies suggest that it may be beneficial for treating several types of cancer, including breast, lung, colon, brain and ovarian cancer.

Although there are no studies to confirm these results in humans yet, the research to date is encouraging. Ashwagandha helps increase testosterone levels and significantly boosts sperm quality and fertility in men. This herb has also been shown to increase muscle mass, reduce body fat and increase strength in men.

Ashwagandha helps to decrease inflammation. Studies in humans have found that it increases the activity of natural killer cells, which are immune cells that fight infection and help you stay healthy.

It has also been shown to decrease markers of inflammation, such as C-reactive protein (CRP) This marker is linked to an increased risk of heart disease.

In addition to its anti-inflammatory effects, ashwagandha may improve heart health by reducing cholesterol and triglyceride levels. Animal studies have found that it significantly decreases these blood fats.

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Ginger (*Zingiber Officinale*, Rhizome)

Ginger Root is probably the best digestive and carminative herb employed today. Ginger Root is the catalyst which turns what would otherwise be an ordinary colon formula into the best formula available. While ginger is not a laxative per se, it increases peristalsis by toning the intestinal muscle. However, it's greatest achievements are probably found in its ability to improve digestion and prevent nausea, gas and bloating. Ginger also assists digestion through the action of its endogenous enzymes and second by stimulating bile flow. It improves circulation, especially in the periphery. Its circulatory and digestive action improves the effectiveness of the other herbs. Ginger stimulates saliva production which can be helpful with dry coughs. Ginger exerts an anti-inflammatory action in bronchitis. It also works to cleanse the bowel and promote perspiration.

Ginger is a warming herb with several effects that make it a useful herb with widespread application. It provokes a cleansing sweat, and this effect, along with its properties as an expectorant, make it an ideal herb for bronchial infections. It is very widely used in mild gastrointestinal infections. It is also used to control nausea, vomiting and diarrhea.

A study published in the prestigious British medical journal THE LANCET found ginger more effective than dramamine in preventing nausea associated with motion sickness. It has vasodilating properties and is widely used to increase circulation to the extremes when this is impaired.

In short, ginger is most often used when a warming agent is required, especially when its expectorant properties or its calming effect on the gastrointestinal system would be beneficial, or as an aid to increase peripheral circulation.

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