

Nutritional Strategies

for Immune Health*



Addressing common immune system concerns*

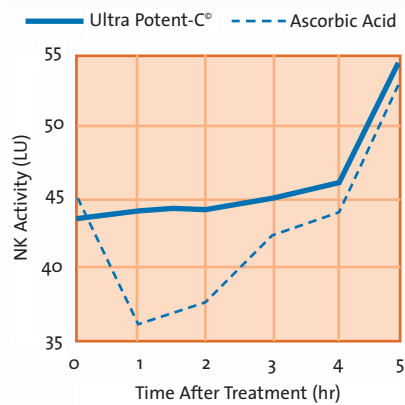
Time-tested nutritional modalities coupled with advances in science have led to the development of customized, effective nutritional formulations to address common health concerns in both adults and children. The focus of these nutritional approaches is to modulate immune system activity, enhancing the body's ability to address acute health challenges and long-term health concerns.*

Your guide to specialized immune support*

In this clinical guide, you'll find product descriptions, recommendations, and a quick reference tool explaining how to address:*

- Immune protection
- Acute immune concerns
- Chronic immune concerns
- Respiratory health
- Digestive function following antibiotics

Metagenics' Ultra Potent-C® shown more effective than plain vitamin C on natural killer cell activity.*



J Nutr Env Med 1997; 7:187-95.

Metagenics' commitment to excellence

Metagenics is dedicated to providing science-based, premium quality nutraceuticals and medical foods that represent the forefront of natural health science. This commitment is reflected in our use of cutting-edge genetic, cellular, and clinical testing procedures and NNFA, NSF, and TGA GMP-certified facilities for production of high quality formulations.

Safety

Research

Efficacy

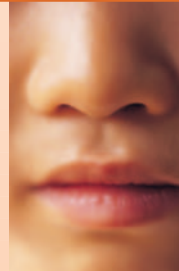
Nutritional support for immune function♦

Daily Immune Protection♦

ImmuCore™

Multidimensional Support for Immune Function♦

ImmuCore is designed to provide a multiple mechanistic approach to support a healthy immune system through enhancing functions of macrophages, natural killer cells, and T cell subsets.♦



Patient benefits:

- Offers a three-pronged approach to wellness with Ultra Potent-C® combined with zinc and a concentrated blend of mushroom extracts♦
- Features additional immune support from oleanolic acid and selenium♦
- Uses a buffering delivery system to prevent potential gastrointestinal irritation associated with vitamin C♦
- Ideal for short- and long-term immune protection♦

3 Plus Products in 1 Formula:

Ultra Potent-C®

- Developed for enhanced cellular uptake of vitamin C♦
- Clinically tested♦
- Shown to be superior to ascorbic acid in enhancing natural killer cell activity and white blood cell function♦

Zinc

- Supports mucosal integrity and health to support immune function♦
- Supports white blood cell and natural killer cell production♦
- Proactive supplementation and antioxidant protection for those who do not get enough dietary zinc (50% of Americans)♦

Nourishing Mushrooms

- Target multiple organ systems to promote healthy immunity♦
- Protective support for a stressed immune system♦

Oleanolic Acid

- Shown in preliminary studies to support the immune system♦

Selenium

- Supports immune mechanisms—neutrophils, macrophages, natural killer cells, T lymphocytes, and more♦
- Provides antioxidant protection♦

CORE

MORE

Recommended uses:

- Short- and long-term immune protection♦

Three tablets supply: Vitamin C (as Ultra Potent-C*) 1,000 mg, Niacin (as niacinamide ascorbate) 78 mg, Zinc (as zinc citrate) 35 mg, Selenium (as selenomethionine) 201 mcg, Oleanolic Acid 180 mg, A proprietary 10:1† water extract of 651 mg Reishi (*Ganoderma lucidum*), Shiitake (*Lentinus edodes*), Fu-Ling (*Poria cocos*), Turkey Tail Mushroom (*Coriolus versicolor*), Oyster Mushroom (*Pleurotus ostreatus*), Cordyceps (*Paecilomyces hepiali*‡), Maitake (*Grifola frondosa*)

Recommendations: Three tablets daily.

Form: 90 Tablet Bottle

*Ultra Potent-C is a registered trademark of Metagenics, Inc. U.S. Patent #5,626,883.

†Equivalent to 6.51 g raw, dried, unprocessed mushrooms.

‡An asexual derivation of *Cordyceps sinensis* reported by the Institute of Microbiology, the Chinese Academy Sciences, Beijing, PRC.

Bioavailable Vitamin C

Ultra Potent-C® 1000

Support for Healthy White Blood Cell Activity♦



Ultra Potent-C provides essential daily nutritional support for white blood cell activity with a patented, scientifically tested vitamin C and metabolite support system blend.♦

Patient benefits:

- Scientifically shown to promote natural killer cell activity and white blood cell function♦
- Provides vitamin C and a metabolite system designed for enhanced utilization♦
- Prevents potential stomach upset associated with vitamin C by using buffering agents♦

Recommended uses:

- Immune system protection♦
- Promotion of white blood cell activity♦

One tablet supplies: Vitamin C (as Ultra Potent-C†) 1000 mg, Niacin (as niacinamide ascorbate) 77 mg, Calcium (as calcium ascorbate) 47 mg, Magnesium (as magnesium ascorbate) 6 mg, Sodium (as sodium ascorbate) 13 mg, Potassium (as potassium ascorbate) 6 mg, L-Lysine HCl 36 mg, Citrus Bioflavonoid Complex [standardized to 45% (15.8 mg) full spectrum bioflavonoids] 35 mg, Tetrasodium Pyrophosphate 15 mg, Alpha D-Ribofuranose 14 mg, Xylitol 10 mg, L-Cysteine 10 mg, L-Glutathione 5 mg

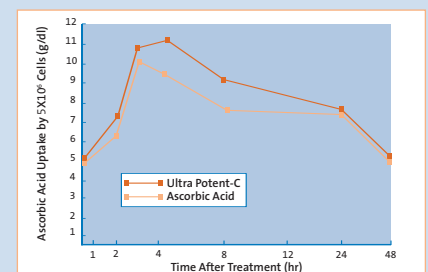
Recommendations: One tablet up to two times daily.

Form: 90 Tablet Bottle (Vegetarian)

Also available: 500 mg tablets, chewable and powder forms.

†U.S. Patent #5,626,883.

Ultra Potent-C is shown to have 18% to 25% higher uptake in white blood cells than plain ascorbic acid



J Nutr Env Med 1997; 7:187-95.

First-Line Defense



Essential Defense®

Initial Signs of Immune Challenges*

Essential Defense is an enhanced classic Chinese formula, known as *yin qiao san*, used to provide immediate immune support for the first and second day of an immune challenge or temperature change.*



Patient benefits:

- Targets initial immune defense mechanisms with an enhanced blend of herbs used since 1200 A.D.*
- Soothes the throat with licorice and platycodon*
- Delivers the soothing properties of ginger*
- Immune-boosting product design is enhanced with isatis*

Recommended uses:

- First signs of immune challenge*
- Initial temperature change*

Two tablets supply: A 5:1[†] Proprietary Extract of 1000 mg Forsythia Fruit (*Forsythia suspense*), Japanese Honeysuckle Flower (*Lonicera japonica*), Platycodon Root (*Platycodon grandiflorum*), Burdock Fruit (*Arctium lappa*), Chinese Mint Leaf (*Mentha haplocalyx*), Chinese Licorice Root (*Glycyrrhiza uralensis*), Fermented Soybean (*Glycine max*), Schizonepeta Herb (*Schizonepeta multifida*), Lophatherum Leaf (*Lophatherum gracile*), Dyer's Woad Root (*Isatis tinctoria*), Ginger Rhizome (*Zingiber officinale*)

Recommendations: Two tablets every half hour as needed.

Form: 30 Tablet Bottle (Vegetarian)

[†]Equivalent to 5000 mg raw, dried, unprocessed herbs.

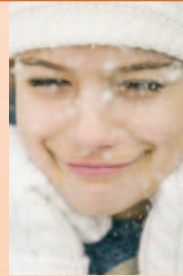
Respiratory Health Support



Andrographis Plus®

Intensive Immune Support*

Andrographis Plus is a concentrated blend of Ayurvedic and Chinese herbs designed to enhance immune and upper and lower respiratory health.*



Patient benefits:

- Provides intensive immune support*
- Supports upper respiratory, liver, and immune health with andrographis*
- Encourages lung health with mulberry leaf and apricot seed extracts*
- Provides antioxidant and revitalizing properties with vitamin C-rich amla fruit*

Recommended uses:

- Acute immune concerns*
- Upper and lower respiratory function support*

Two tablets supply: Andrographis Leaf Extract (*Andrographis paniculata*) [standardized to 5% (20 mg) andrographolides] 400 mg, Amla Fruit 3:1 Extract (*Emblca officinalis*) 400 mg, A 5:1[†] Proprietary Herbal Extract Blend of 400 mg Adenophora Root (*Adenophora tetraphylla*), Apricot Seed (*Prunus armeniaca*), White Mulberry Leaf (*Morus alba*), Gardenia Fruit (*Gardenia jasminoides*), Soybean (*Glycine max*), Zhejiang Fritillary Bulb (*Fritillaria thunbergii*), Pear Fruit (*Pyrus pyrifolia*)

Recommendations: Two tablets every two hours for 12 hours with unchilled water. Then take one tablet three times daily between meals for five days.

Form: 30 and 90 Tablet Bottles (Vegetarian)

[†]Equivalent to 2000 mg raw, dried, unprocessed herbs.

Additional support: Ultra Flora Plus can be used to support healthy digestion following antibiotic therapy.

Broad Discomforts

Echinacea Synergy™

General Immunity Support*

Echinacea Synergy is a botanical blend designed to support general immunity for acute concerns.*



Patient benefits:

- Features echinacea, an herb widely used to modulate immune function and relieve broad discomforts*
- Provides a complementary blend of perilla, licorice, and ginger, which have been traditionally used to promote healthy breathing*

Recommended uses:

- Broad discomforts*

One tablet supplies: Vitamin C (as Ultra Potent-C®¹) 100 mg, Niacin (as niacinamide ascorbate) 7 mg, Echinacea Root 4:1 extract (*Echinacea purpurea*) 300 mg, Perilla Seed Extract (*Perilla frutescens*) 25 mg, Ginger Rhizome Extract (*Zingiber officinale*) 25 mg, Licorice Root Extract (*Glycyrrhiza glabra*) 50 mg

Recommendations: One tablet twice daily.

Form: 60 and 120 Tablet Bottles

¹U.S. Patent #5,626,883.

Additional support: Ultra Flora Plus can be used to support healthy digestion following antibiotic therapy.

Immune Concerns Continuum*

Daily Protection ImmuCore™

Stressed Immune System

First 24 Hours

Respiratory Health Support

Broad Discomforts

After Antibiotic Therapy

Ultra Potent-C® 1000 and/or Mycotaki™

Essential Defense®

Andrographis Plus®

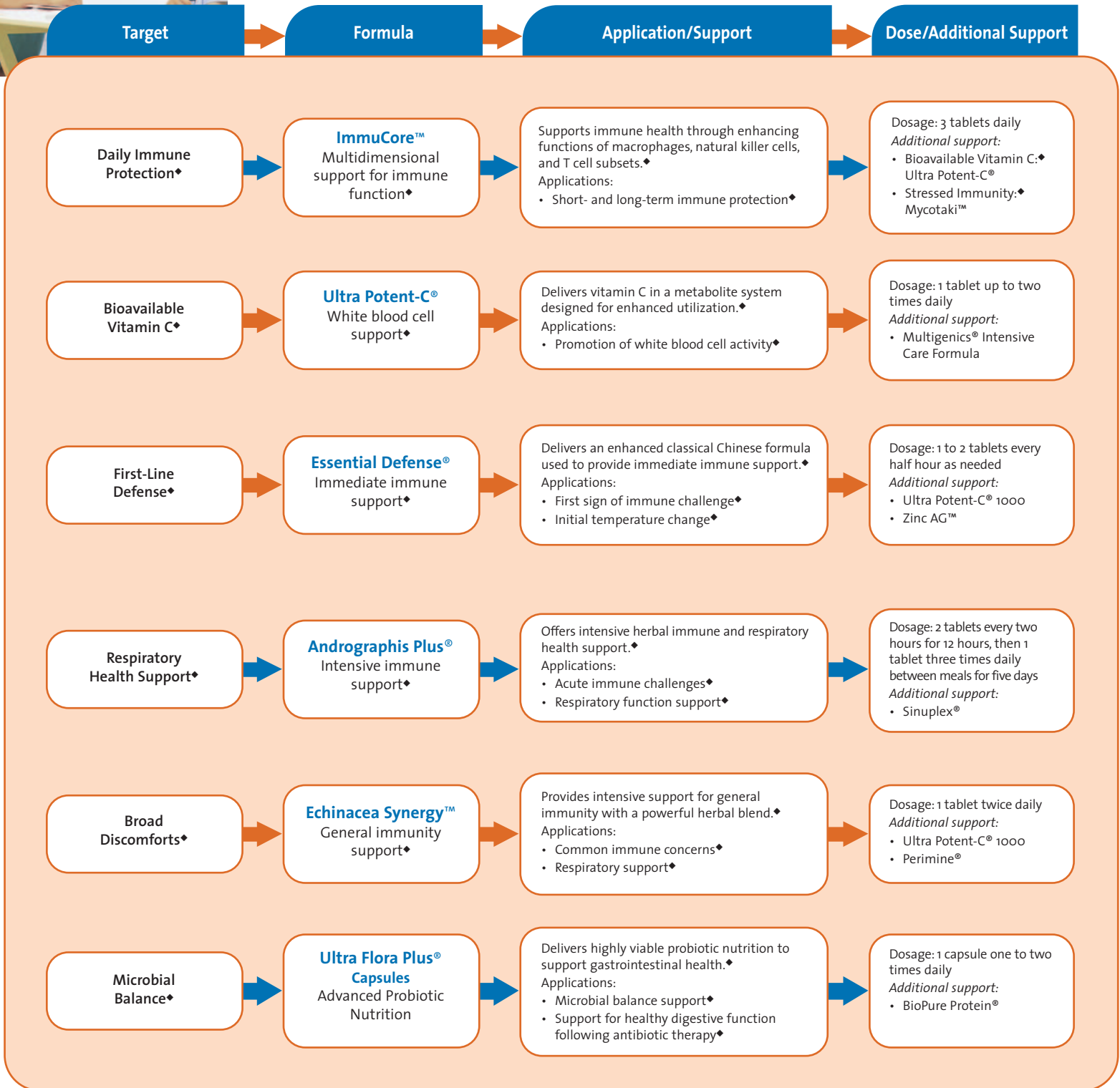
Echinacea Synergy™

Ultra Flora Plus® Capsules



Natural approaches for immune health* from Metagenics.

Which should you choose for your patients?



For more information visit us online at www.metagenics.com or contact our Technical Support Department.

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



These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

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