Immune System Health
A Health Care Professional’s Guide to Targeted Supplementation
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.

*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.
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.

**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.*

**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

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

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.

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.

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**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.*

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**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.

**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.*

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

<table>
<thead>
<tr>
<th>Increased</th>
<th>Decreased</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cytokine</td>
<td>Congaplex® (Short Term)</td>
</tr>
<tr>
<td>Tumor necrosis fact α</td>
<td>▲</td>
</tr>
<tr>
<td>Interleukin 13</td>
<td>▲</td>
</tr>
<tr>
<td>Interleukin 10</td>
<td>▲</td>
</tr>
<tr>
<td>Interleukin 2</td>
<td>▲</td>
</tr>
<tr>
<td>Interleukin 4</td>
<td>▲</td>
</tr>
<tr>
<td>Interleukin 8</td>
<td>▲</td>
</tr>
<tr>
<td>Granulocyte-macrophage colony-stimulating factor</td>
<td>▲</td>
</tr>
<tr>
<td>Interferon y</td>
<td>▲</td>
</tr>
</tbody>
</table>

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**Acute Immune System Support** (Short Term)

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Dosage Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Congaplex® or Congaplex® Chewable</td>
<td>Supports healthy immune system response function and provides ingredients with antioxidant activity. Contains ribonucleic acid, which the body uses to build new cells.*</td>
<td>3 capsules per meal, or as directed 3 tablets per meal, or as directed</td>
</tr>
<tr>
<td>Andrographis Complex (MediHerb)</td>
<td>A blend of Andrographis, Echinacea angustifolia root, and Holy Basil that provides a unique range of phytochemicals to support a healthy immune system response and healthy respiratory system function.*</td>
<td>1 tablet 2-4 times daily, or as directed</td>
</tr>
</tbody>
</table>

**Everyday Immune System Support** (Long Term)

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Dosage Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immuplex® GF</td>
<td>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.*</td>
<td>2 capsules per meal, or as directed</td>
</tr>
<tr>
<td>Echinacea Premium or Echinacea Premium 1:2 (MediHerb)</td>
<td>Combines the root extracts of Echinacea angustifolia and Echinacea purpurea 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.*</td>
<td>1 tablet 2-3 times daily, or as directed 5 mL (approximately 1 teaspoon) diluted in water or juice once per day, or as directed</td>
</tr>
</tbody>
</table>

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

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Each patient’s individual needs should be evaluated before making recommendations. Use this chart as a guideline, and visit standardprocess.com/immune for more information.

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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.

**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.