



EDUCATION GUIDE

Herbal Immune Support Guide

Information Source: www.energytimes.com

NAME	WHAT IT IS	WHAT IT DOES
Astragalus	<i>Astragalus membranaceus</i> , also known as milk vetch root; long used in Traditional Chinese Medicine (TCM)	Traditionally used for frequent colds, shortness of breath and fatigue; has been shown to heighten the activity of immune cells in a “resting” state in addition to encouraging immune cell proliferation
Echinacea	Also known as purple coneflower, often grown in gardens; several <i>Echinacea</i> species have shown medicinal qualities	Used as an antimicrobial by 19th-century Eclectic practitioners; analyses of clinical data support echinacea’s use in the treatment and prevention of upper respiratory infections
Garlic	<i>Allium sativum</i> L., used in cultures around the world as a culinary and medicinal herb	Extracts have demonstrated antimicrobial and immune-stimulant properties; also found to support overall well-being, including cardiovascular health
Green Tea	<i>Camellia sinensis</i> , native to southern and eastern Asia; source of all beverages labeled “tea,” including green	Long valued by Chinese healers for its many medicinal properties; EGCG, tea’s main component, has been found to fight bacteria, fungi and viruses; also available in extract form
Maitake	<i>Grifola frondosa</i> , a large, edible mushroom also known as “hen of the woods” for its ruffled appearance	Appears to stimulate a wide variety of immune-system components, among them macrophages, cells that engulf and digest microbes, and NK cells; has shown anti-cancer effects
Olive Leaf Extract	From the same tree, <i>Olea europaea</i> , that produces table olives; native to the Mediterranean area	Traditionally used to ease fevers; contains oleuropein, which fights bacteria and viruses; acts as an anti-inflammatory and antioxidant; has also been found to lower glucose and blood pressure levels

Shiitake	<i>Lentinus edodes</i> , an edible mushroom native to the Far East and now cultivated commercially	Contains amino acids and B vitamins; helps stimulate the development of immune system cells; also helps to lower cholesterol levels and fight tumors
Vitamin A	Fat-soluble nutrient in animal products such as eggs and dairy; precursors in produce such as carrots and pumpkins	Initially called “the anti-infective vitamin” because of its importance to immune function; also crucial to proper eyesight, gene regulation and fetal development
Vitamin C	A water-soluble nutrient also known as ascorbic acid; found in a variety of produce including citrus fruit and tomatoes	Stimulates a number of immune cells and helps protect them from free-radical damage; also an essential cofactor in numerous enzymatic reactions within the body
Zinc	A nutritionally essential mineral found in shellfish, beef and other red meats in addition to legumes and nuts	Required for proper development of immunity factors called T cells; even mild deficiency has been linked to impaired immune function; also vital for neurological and reproductive health
Ashwagandha	<i>Withania somnifera</i> , a small, woody scrub native to India, Africa and the Mediterranean also known as “winter cherry”; used in Ayurvedic medicine as a Rosayana, an herb that promotes all-over well-being	Helps regulate immune function and help the body adapt to stress (which can depress immunity); has shown anti-anxiety and antidepressant properties; appears to stimulate a sluggish thyroid; eases arthritis pain
NAC	N-acetyl cysteine, a derivative of the amino acid L-cysteine	Helps clear mucus from the lungs; has led to less severe cases of flu and bronchitis in studies; promotes greater cellular health
Selenium	A trace mineral found in Brazil nuts and various types of seafood	Helps regulate immune cell function; deficiency has been linked to impaired immune response and increased cancer risk



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