



Bio-Align™ Your Immune System

What has made WELLNESS FORMULA® America's number-one immune formula? Wellness is uniquely effective because it addresses *systems, not just symptoms**. Source Naturals recognizes that nutritional symptoms are really body systems out of alignment.

Wellness is a Bio-Aligned Formula™ that goes deep to the root cause of body system imbalances. It is expertly designed to support interlocking components of the immune system, including mucous membranes, cell-mediated immunity and humoral immunity. It also addresses interrelated body systems that impact winter health: antioxidant defense, stress response, and the respiratory system.

*The term symptom as used in this literature refers to the effects of nutrient imbalances and shortages, and is not related to the diagnosis, treatment, cure, or prevention of any disease.



S O U R C E N A T U R A L S®
Strategies for WellnessSM



WELLNESS is a Bio-Aligned formula, designed to bring harmony to the multiple, interconnected systems that influence winter health. Here's how.

Immune System

A healthy immune system is critically important to help you withstand the ravages of winter. The immune system includes barriers that keep foreign materials from entering your body, such as the skin, mucus and the cough reflex. If these barriers fail, protection is provided by internal components.

Immune system components addressed by WELLNESS FORMULA include protective barriers such as the skin and mucous membranes, cell-mediated immunity involving T-lymphocytes and thymus support, and humoral (body fluid) immunity, consisting of B-lymphocytes and macrophage interactions.

Vitamin A is involved in T-lymphocyte activity, mucosal immunity and phagocytosis. Beta carotene is involved in thymus gland function and in white blood cell activity. Vitamin C is concentrated in the white blood cells. Zinc is found in specific protein compounds within the thymus gland that play an important role in the differentiation of

T-cells. Research reveals echinacea's ability to support immune function, specifically the activity of macrophages. Astragalus is a primary supporter of natural defenses with immunopotentiating effects.

Respiratory System—Cleansing Mucous Membranes

Our nasal passages, sinuses, throat and bronchial tubes are protected by mucous membranes, moist layers of connective tissue that are the first line of immune defense. Cleansing the mucous membranes is an important part of winterizing your immune system.

Vitamin A is necessary for the secretion of mucin (a constituent of mucus) in the intestinal mucous membranes and for the integrity of connective tissue. The integrity of vessels and membranes is also supported by vitamin C, mullein, copper and zinc. Astragalus, isatis, garlic, goldenseal, Oregon grape and pau d'arco are herbs that cleanse the mucous membranes.

Respiratory System—Clearing Mucus

As important as mucous membranes are to the immune system, *too much* mucus can be a problem. WELLNESS FORMULA includes herbs that support the body's clearing of excess mucus in the upper respiratory system. These include mullein, horehound, polygonatum, goldenseal, Oregon grape and pau d'arco.

Stress Response Mechanisms

Science now shows that emotional and physiological stress significantly impact the immune system.

WELLNESS FORMULA supports our bodies' overall response to stress.

Siberian ginseng is an adaptogen whose key constituents, saponin glycosides, support the body's stress response. The herb astragalus, and the minerals calcium and magnesium also support stress response.



Antioxidant Defense

While carrying out their immune functions, white blood cells generate free radicals, highly reactive molecules that can damage the very white blood cells that produce them. Vitamin C, a free radical scavenger, is concentrated in certain white blood cells, providing them with a built-in defense mechanism. Bioflavonoids act as cofactors that complement the action of vitamin C. Additional antioxidant support is provided by vitamin A, beta carotene, copper, selenium, hawthorn and pau d'arco.

Strategies for WellnessSM

Immuno-Support Plan

Simple nutritional choices and lifestyle patterns are important to your strategy for winter wellness.

Wash Your Hands

A study evaluated the impact of a one-hour educational session on hand-washing for staff members of senior day-care centers. Attendees experienced significantly fewer winter health difficulties.

Handwashing for 10 to 15 seconds with soap and water reduces the spread of germs.

Eat Your Veggies—Skip the Sugar

Studies show that regular meals and consuming green vegetables are associated with a stronger immune response by white blood cells.

Conversely, consumption of simple carbohydrates and sweets decreases white blood cell activity. So, eat your greens—and go easy on holiday treats!



Early to Bed, Early to Rise

Sleep does more than make you feel rested. Two studies with healthy volunteers demonstrated suppression of immunological function after one night of modest sleep deprivation. The activity of certain white blood cells and the production of chemicals essential for immune system performance significantly decreased.

Most U.S. adults get less than seven hours of sleep per night during the work week, while research has determined that certain parameters of immune function are enhanced by more than seven hours of sleep.

Stress, Conflict and Emotional Support
Stressful situations drain our energy and emotions. Science now shows that our

immune systems and our physical health are also affected. A supportive approach to resolving conflicts or a strong social/emotional support system ameliorates the impact of stress.

Exercise and Immune Function
Moderate exercise is good for your health. In studies examining the effect of near-daily brisk walking over a 12 to 15-week period,

active subjects had half as many sickness days as inactive subjects.

The Wellness Family™ Supports Your Immune Defenses

You can maintain good health all year long with the Source Naturals Wellness Family of natural defense system products. See your local health food store about these other Wellness products: WELLNESS C-1000™, WELLNESS COLD & FLU™, WELLNESS COLLOIDAL SILVER™, WELLNESS COUGH SURUP™, WELLNESS EARACHE™, WELLNESS ELDERBERRY™, WELLNESS GARLICCELL™, WELLNESS HERBAL RESISTANCE™, Wellness Larchtree Extract™, WELLNESS MULTIPLE™, WELLNESS OLIVE LEAF EXTRACT™, WELLNESS TRANSFER™ FACTOR and WELLNESS ZINC™

Wellness is a Bio-Aligned Formula™ Multiple System Support for Winter Health

Immune System	Astragalus, Boneset, Echinacea, Isatis, Propolis, Selenium, Zinc, Vitamins A & C, Beta Carotene
Respiratory System: Cleansing Mucous Membranes	Astragalus, Echinacea, Garlic, Goldenseal, Isatis, Mullein, Oregon Grape, Pau d'Arco, Propolis, Copper, Zinc, Vitamins A & C
Respiratory System: Clearing Mucus Mullein, Oregon Grape, Polygonatum	Angelica, Cayenne, Goldenseal, Horehound,
Stress Response Mechanisms	Siberian Ginseng, Calcium, Magnesium, Vitamin C
Antioxidant Defense	Astragalus, Bioflavonoids, Hawthorn, Pau d'Arco, Selenium, Zinc, Vitamins A & C, Beta Carotene

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SOURCE NATURALS®

Strategies for Wellness™

The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.