



WELLNESS FORMULA® IMMUNE DEFENSE: NOW MORE THAN EVER™

Year after year, Wellness Formula® has been voted the best immune support formula in the industry's leading nationwide poll, the Vity Awards.¹ It's well known as a cold-weather formula, but let's be real: immune support is no longer just a seasonal concern. It's more important than ever and it's become central to a long-term wellness strategy.*

Why Is Wellness Formula So Popular? Because it Works

Almost forty years ago, Wellness Formula was one of the very first to deliver a powerful, comprehensive blend of many types of nutrients in one product. Today, millions make this award-winning formula their "go-to" for a wellness boost whenever they want additional support and for everyday resilience.*

With a high potency of vitamin C and 30 more key vitamins, minerals, and time-tested herbs, Wellness Formula is the most complete immune formulation around. And although many brands have tried to copy our proprietary formula and quality, no one comes close to Wellness Formula, and retailers count on it as a consistent favorite.*

Wellness Formula's advanced immune support helps you level up your daily defenses and stay ready for whatever comes your way.*



source
NATURAL'S®

¹Winner of seventeen Vity Awards for best immune support formula, *Vitamin Retailer* magazine, June 2003-2007 and June 2010-2021.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Immune System

Our body is filled with innate intelligence. At any moment, trillions of biochemical reactions keep us moving forward. There is no clearer place to see this intelligence than in the immune system, which is almost miraculous in its ability to help optimize wellness. The immune system is a complex defense system that protects people from harmful microorganisms. It is able to defend the body against pathogens like bacteria and viruses by recognizing the invaders and attacking through a series of steps called the immune response. The immune system is comprised of two subsystems—the innate immune system and the adaptive immune system.

The innate immune system is a set of cells and mechanisms that are always ready to go—they are usually the body's first line of defense against microorganisms. Part of this system is made up of anatomical barriers such as the skin, GI tract, mucous membranes in the respiratory tract, and eyelashes. White blood cells, or leukocytes, are also major components of the innate immune system and function by identifying the threat and eliminating pathogens that may cause harm. Natural killer cells, mast cells, eosinophils, basophils, and phagocytic cells (macrophages, neutrophils, and dendritic cells), also support the innate immune system. Phagocytes—the word phagocyte literally meaning “eating cell”—engulf invading unwanted microorganisms in order to eliminate them. The most efficient phagocyte is the macrophage, also referred to as the “garbage collectors” of the immune system. Natural killer cells help protect the body by destroying body cells that have been compromised by infection.

The adaptive immune system is turned on in response to specific microorganisms—after being exposed to new invaders for the first time, it develops specific, targeted weapons such as antibodies. The specialized cells that activate are called T lymphocytes (T cells) and B lymphocytes (B cells). When pathogens like viruses and bacteria are present, T cells are activated to kill compromised body cells, and B cells start producing antibodies to neutralize the invaders.

There are many ingredients included in this formula that support healthy immune function.*

Wellness Formula includes nutrients like vitamin A, beta-carotene, vitamin D, and zinc, which

support both innate and adaptive immune system components. Vitamin A and beta-carotene support the body's mucous membranes and the activities of T and B cells, natural killer cells, and neutrophils. Vitamin D is important for the function of macrophages, and zinc is found in specific proteins that play important roles in the production and functions of T cells, B cells, natural killer cells, neutrophils, and macrophages. This formula also contains garlic and propolis, which have a long history of traditional use as immune system enhancers. Researchers have identified more than 300 compounds in propolis, a substance produced by bees to protect their hive. The majority of these compounds are forms of polyphenols, which are known to have antioxidant properties. Garlic and propolis are also reported to contain flavonoids, which also possess antioxidant properties. This comprehensive formula also provides echinacea, elderberry, astragalus, and isatis leaf and root, which have also been traditionally used to support immunity.*

Respiratory System— Cleansing Mucous Membranes

Our nasal passages, sinuses, throat, and bronchial tubes are protected by mucous membranes; moist layers of epithelial cells that are the first line of immune defense. An important part of supporting your immune system is maintaining healthy mucosal cells and cilia that help sweep dirt away from these areas.*

One of the primary mucosal cleansers included in this formula is vitamin A. Vitamin A is necessary for the maintenance of epithelial cells and cilia and for the secretion of mucin (a constituent of mucus) in intestinal and other mucous membranes.*

Respiratory System—Clearing Mucus

Mucous membrane function is an important aspect of our immune system, and for optimal wellness mucus production and clearing must be balanced. Wellness Formula provides herbs that support the body's clearing of excess mucus in the upper respiratory system. Research shows that mullein, horehound, and polygonatum are herbs that support the body's ability to clear mucous, and along with the addition of the traditionally used pau d'arco, this formula is packed with ingredients to keep you breathing easy.*

Stress Response

Emotional and physiological stresses are known to significantly impact our immune system, so Wellness Formula includes ingredients that support our bodies' overall response to stress and help fuel the immune system. Eleutherococcus and astragalus are two adaptogens that can help support the body's stress response.*

Antioxidant Defense

While carrying out their immune functions and destroying microbes, white blood cells generate a large amount of free radicals—highly reactive oxygen species that can damage the very white blood cells that produce them. Free radicals are produced as a normal byproduct of mitochondrial metabolism, and also when the body is under oxidative stress. Antioxidants are molecules that reduce oxidative stress by preventing free radicals from being formed or removing them before they cause damage. Wellness Formula provides important free radical scavengers like vitamin C, which is concentrated in macrophages and neutrophils and helps keep them fighting and protects them from the very free radicals that they use to destroy invaders. This provides them with a built-in mechanism to combat oxidative stress. Selenium is needed for enzymes, such as glutathione peroxidase and superoxide dismutase, which also protect white blood cells from the activated oxygen species they produce to combat unwanted microorganisms. Copper and zinc are needed as cofactors for superoxide dismutase, which defends against the superoxide radical. Additional antioxidant support is provided by vitamin A, beta-carotene, grapeseed, and bioflavonoids.*

Wellness Strategies

Immuno-Support Plan

The following simple nutritional choices and lifestyle patterns constitute some important strategies to support your winter wellness.

Wash Your Hands

Handwashing, one of the oldest techniques practiced to reduce infections, is an effective strategy to boost winter wellness. Many studies have evaluated the role of adequate hand hygiene, which includes handwashing with soap and use of alcohol-based hand rubs. It has been shown that when people consistently practice hand hygiene there is significantly less chance to spread and contract pathogens, bacteria, and viruses.

Eat Your Veggies—Skip the Sugar

Studies show that a well-balanced diet that includes green vegetables is associated with a stronger immune response by white blood cells. Conversely, consumption of simple carbohydrates such as sugar 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; it helps support your immune system. Even though research has determined that certain parameters of immune function are enhanced by more than seven hours of sleep per night, most U.S. adults are not getting a full seven hours. Two studies with healthy volunteers demonstrated suppression of immunological function after one night of modest sleep deprivation. Lack of sleep significantly decreased the activity of certain white blood cells and the production of chemicals essential for immune system performance.

Stress, Conflict, and Emotional Support

Stressful situations and the physiological or psychological responses we experience can drain our energy and emotions. There are many different stressors and stress responses humans can experience on a day-to-day basis, and psychological stress has been empirically related to the dysregulation of the human immune system since the relationship was first studied in 1960. A supportive approach to resolving conflicts and a strong social/emotional support system of family and friends, along with finding time for your favorite activities, may help ameliorate the impact of stress.

Exercise and Immune Function

Don't get stuck on the couch over the holidays—moderate and regular 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 sick days as inactive subjects.

The Wellness Family™ Supports Your Immune Defenses

Our environment can be filled with danger, but you are neither helpless nor a mere victim of circumstance. You have an option: the option of utilizing the gifts of nature to strengthen your immune system to fight for you.*

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 Shots®, Wellness Fizz®, NightWell®, Wellness Breathe Free™, Wellness C-1000™, Wellness Transfer Factor™, Wellness Defense™, Wellness Colloidal Silver™, Wellness Cough Syrup™, Wellness EarAche™, Wellness Elderberry Extract™, Wellness GarliCell™, Wellness Herbal Kids™, Wellness Herbal Resistance™, Wellness Herbal Throat Spray™, Wellness ImmuNow™, Wellness Multiple™, Wellness Oil of Oregono™, Wellness Olive Leaf Extract™, Wellness Vitamin D-3™, Wellness Zinc Throat Spray™, Wellness Zinc Lozenges™, Wellness ImmuneSmart™, Wellness ImmuNitric™, Wellness D-mmunity™, and Wellness Gummies Elderberry.*

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Wellness Formula® is a Bio-Aligned Formula®

Multiple System Support for Immune Health

Immune System	Astragalus, Echinacea, Isatis, Propolis, Selenium, Zinc, Vitamins A & C, beta-Carotene
Respiratory System: Cleansing Mucous membranes	Astragalus, Echinacea, Garlic, Isatis, Mullein, Pau d'Arco, Propolis, Copper, Zinc, Vitamins A & C
Respiratory System: Clearing Mucus	Angelica, Cayenne, Goldenseal, Horehound, Mullein, Polygonatum
Stress Response Mechanisms	<i>Eleutherococcus senticosus</i> , Vitamin C
Antioxidant Defense	Astragalus, Bioflavonoids, Selenium, Zinc, Vitamins A & C, beta-Carotene



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