

SUPERCHARGE YOUR IMMUNITY

SPECIAL SUPPLEMENT TO *A NEW YOU*,
THE OFFICIAL MAGAZINE OF PHARMA NATURAL

**WHAT YOU
CAN DO TO
NATURALLY
BOOST YOUR
IMMUNE
SYSTEM**

PHARMANATURAL.COM



NURTURE GOOD HEALTH NATURALLY

With the COVID-19 global pandemic affecting everyone in some way, we are all wondering what we can do to stay healthy. While experts agree that diet is of primary importance, major medical organizations such as the Mayo Clinic and American

Heart Association note that supplements can play an important role in rounding out your nutritional profile. If your nutrition regimen needs an added boost beyond foods, you can turn to supplements for that extra step. It's a healthy approach that most medical organizations endorse

DID YOU KNOW?

When you have a virus, it's not actually the virus that makes you feel sick; it's your immune system's efforts to get rid of it. For example, your immune system can raise your body temperature and give you a fever to make it hot enough to kill the virus. All the hard work your immune system is doing can drain your energy and make you feel tired. Everyone's body is different, and because symptoms are caused by your immune system and not the virus itself, different people can have slightly different symptoms when they have the same virus — and some people's symptoms will be worse than others.



“ OUR GOAL IS TO PROVIDE COMPANIES AND CONSUMERS WITH **THE BEST PRODUCTS ON THE MARKET** USING **METICULOUS RESEARCH AND HIGH-QUALITY PRODUCTION STANDARDS.**

—CAROLINA FERREIRO-DIAZ, PRESIDENT OF PHARMA NATURAL

to ensure that you get the nutrition you need.

Pharma Natural is dedicated to the improvement of human health based on scientific research. The company's Health Sciences Team employs a multi-disciplinary approach of applied natural sciences, engineering and technology to create products that promote

nutrition. Its mission is to use science to nurture good health naturally. Its quality, effective dietary and nutritional supplements will put you on a path to a healthier lifestyle, so you can feel empowered to live your best life.

Pharma Natural is licensed and registered with the Food and Drug Administration

(FDA). Since its inception, the company has operated in compliance with FDA 21 CFR 111 — current good manufacturing practice in manufacturing, packaging, labeling or holding operations for dietary supplements, as well as with the quality standard of the United States Pharmacopeia (USP).

SUPERCHARGE YOUR IMMUNITY IS A SPECIAL SUPPLEMENT TO A NEW YOU, THE OFFICIAL PUBLICATION OF PHARMA NATURAL

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HOW TO BOOST YOUR IMMUNE SYSTEM

Diet, exercise, supplements, sleep — having a healthy immune response involves a number of factors. Here's what you need to know to protect yourself from illness.

If you've ever felt tired, weak or more prone to illness than others, it may just be your immune system that's letting you down. The immune response, which involves triggering a number of different white blood cells into action when a foreign invader is detected, is responsible for protecting your body from illnesses due to viruses, bacteria and other causes. When

your immune response is lagging behind, however, the result can be more frequent or more severe illnesses such as colds, flu or worse.

Immune-Boosting Basics

According to Harvard Medical School, the factors that impact your immune system are complicated and varied. Many of them are basic, elemental health principles that everyone should be striving toward. These include:

- Eating a healthy, well-balanced diet that includes plentiful fruits and vegetables.
- Maintaining a regular exercise routine that includes both cardio (like running and walking) and strength training.
- Getting 7 to 9 hours of restful sleep every night.
- Maintaining a healthy weight.
- Reducing stress.
- Avoiding excess alcohol consumption and avoiding tobacco entirely.

An Extra Boost from Supplements

There are other ways to give your immune system an extra boost, as well, particularly as you age and your immunity may not work as well as it used to in the past. A number of vitamin and mineral supplements have shown their effectiveness in scientific studies at helping prevent or reduce the duration of illness via an improved immune response. Here's what the research shows.

- **Vitamin C.** Of all the vitamins and minerals we take into our body, vitamin C (found in Immune C by Pharma Natural) seems to have one of the strongest impacts on how white blood cells function and protect our bodies from illness. A 2017 study in the journal *Nutrients* showed how vitamin C impacts a wide range of white blood cells ranging from neutocytes to lymphocytes.

- **Vitamin D3.** This is one of many nutrients our bodies need to stay healthy. It helps the body absorb calcium, which then builds bones and keeps bones strong and healthy. It also helps facilitate normal immune system function to assist in fighting disease.

- **Omega-3 Fatty Acids.** Omega-3s have shown a whole host of benefits ranging from heart health to brain health and it also helps combat autoimmune diseases. Most Americans don't get enough omega-3 fatty acids from their diets. Boost your intake by 1,000 milligrams a day with Pharma Natural's softgel capsules.

- **Multivitamins.** Research has shown that a wide variety of different vitamins and minerals can impact immune function. Along with the ones mentioned above, vitamins E, A and D, as well as minerals such as zinc and iron are just a few of the many critical nutrients you need every day.

It can be challenging to take that many pills each day, which is why a daily multivitamin is the right immune-boosting solution for many. Pharma Natural's Complete Multivitamin and Multimineral and Multi-Kids Vitamins offer a broad spectrum of vitamins and minerals to cover your daily needs in one bottle.



IMMUNE SYSTEM SUPPORT PACKAGE

\$64.00 + FREE SHIPPING

Pharma Natural's Immune System Support Package features six twin packs of all-natural nutraceuticals especially formulated to support the human immune system. The package includes Complete Multivitamin and Multimineral plus Lutein and Lycopene, Vitamin C by PN 1500 mg tablets, Vitamin D3 10,000iu by PN tablets, Zinc by PN tablets, Echinacea by PN 300 mg capsules, and Probiotics 2 billion CFU-Lactobacillus Acidophilus by PN capsules.



CHILDREN'S IMMUNE SUPPORT PACKAGE

\$37.19 + Use coupon code *KIDS* at checkout for FREE SHIPPING

Pharma Natural's Children's Immune Support Package features three twin packs to boost and support your child's immune system. The package includes Multi-Kids Vitamins by PN, Omega Syrup for Kids by PN, and Immune C by PN.

The Bottom Line on Immunity

A healthy immune system requires more than supplements alone. Fighting illness effectively takes a multi-faceted approach to your diet, exercise, sleep and stress routines.

In addition, a daily dose of vitamins and minerals just might be the extra step you need to supercharge your response to any immune challenges that come your way.



IMMUNE C

Twin Pack / 8 oz liquid / \$12.60

Liquid vitamin C is a strong antioxidant that helps support the immune system and helps neutralize free radicals in the body.



VITAMIN C DISSOLVING POWDER

1000 mg / \$8 per unit

Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including the formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones and teeth. Vitamin C is one of the biggest immune system boosters of all. In fact, a lack of vitamin C can even make you more prone to getting sick. It is on the World Health Organization's List of Essential Medicines as one of the most effective and safe medicines needed in a health system.



VITAMIN C

Twin Pack / 500 mg / 120 tablets / \$7.09

The antioxidant properties of vitamin C (ascorbic acid) and its role in collagen synthesis make vitamin C a vital molecule for skin health. Dietary and topical ascorbic acid have beneficial effects on skin cells, and some studies have shown that vitamin C may help against ultraviolet (UV)-induced photodamage. Vitamin C is a water-soluble nutrient found in some foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy.



LACTOBACILLUS ACIDOPHILUS

Twin Pack / 2 billion CFU / 60 capsules / \$8.40

Lactobacillus acidophilus is a product for human use as a nutritional supplement. It helps balance the friendly bacteria in your digestive system. It also helps the proper functioning of the gastrointestinal system, since it is a very effective probiotic.



OMEGA-3

Twin Pack / 3,000 mg / 120 softgels / \$9.83

Fish oil contains omega-3 EPA/DHA and plays a beneficial role in the maintenance of brain health. It helps pulsation of the heart muscle levels at a steady rate. Omega-3 fatty acids support healthy blood vessel function, which promotes blood flow and helps maintain blood pressure already in the normal range, while also inhibiting inflammatory factors. Other possible benefits: May help control high blood pressure and depression. May help reduce bone pain, arthritis and menstrual cramps (reason being, it discourages the inflammatory process). May promote healthy cholesterol, therefore cleaning arteries.



COMPLETE MULTIVITAMIN AND MULTIMINERAL PLUS LUTEIN AND LYCOPENE

Twin pack / 180 tablets / \$15.72

Adequate intakes of micronutrients are required for the immune system to function efficiently. Micronutrient deficiency can increase susceptibility to infections. The vitamins A, B6, B12, C, D, E and folic acid and the trace elements iron, zinc, copper and selenium work in synergy to support the protective activities of the immune cells. All these micronutrients, with the exception of vitamin C and iron, are essential for antibody production.



MULTI-KIDS VITAMINS

Twin Pack / 8 oz liquid / \$12.60

All human immune systems, regardless of age, can benefit from proper nutrition, which means having the necessary vitamins and minerals for proper bodily functions, metabolism and cellular development. Multi-Kids Vitamins was formulated especially for children by Pharma Natural's Natural Health Sciences Research & Development Laboratory. Ingredients include Vitamins A, B5, B12, C, E, calcium, folic acid and zinc.



ECHINACEA

Twin Pack / 180 capsules / \$9.46

Echinacea is best known for its positive effects on the immune system. Numerous studies have shown that this herb supports immune system function, reducing the risk of contracting viruses and infections. These plants contain a variety of active compounds that function as antioxidants used to defend cells against oxidative stress, a state linked to various diseases.



ZINC

Twin Pack / 120 tablets / \$7.44

Zinc, like many other nutrients, is not produced naturally by the body so it must be obtained from supplements or food. This essential nutrient is required in numerous processes including immune function, gene expression, DNA and protein synthesis, and more. Zinc's role in immune function is one reason why it is included in nasal spray, lozenges and other natural cold treatments. Studies have shown that zinc supplements help keep the immune system strong.



IMMUNE BOOSTER

Twin pack / 60 capsules / \$9.50

Our Immune Booster strengthens immunity and reduces inflammation. The formula is considered a dietary supplement that can stimulate the immune system and helps to reduce the symptoms of influenza, flu and common colds. Echinacea, zinc and vitamin C, among other ingredients, are needed in several systems and biological reactions, and for immune function, wound healing, blood clotting, thyroid function, and much more. Extracts of echinacea do seem to have an effect on the immune system, your body's defense against germs. Research shows it increases the number of white blood cells, which fight infections. A review of more than a dozen studies, published in 2014, found the herbal remedy had a very slight benefit in preventing colds.



VITAMIN D3

Twin Pack / 10,000IU / 60 tablets / \$10.08

Vitamin D3 10,000 IU is one of many nutrients our bodies need to stay healthy. It helps the body absorb calcium, which then builds bones and keeps bones strong and healthy. Note that severely low levels of vitamin D can result in soft, brittle bones; bone pain; and muscle pain and weakness.



B-COMPLEX WITH FOLIC ACID

Twin pack / 120 tablets / \$7.44

Commonly known as vitamin B complex, the eight B vitamins (B1, B2, B3, B5, B6, biotin, folic acid and B12) play an important role in keeping our bodies running like well-oiled machines. These essential nutrients help convert our food into cellular energy, allowing us to stay energized throughout the day.

BOOST YOUR
IMMUNE SYSTEM...

THE PHARMA NATURAL WAY!

**THESE DIETARY SUPPLEMENTS CAN
STIMULATE THE IMMUNE SYSTEM**

and help to reduce the symptoms of
influenza, flu and common colds.

Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones and teeth.



*For ordering information, contact your
Pharma Natural sales rep or visit pharmanatural.com.*