



Defense Maintenance

Nutritional Support for the Immune System

Defense Maintenance is a yeast free formulation that contains antioxidant vitamins and minerals which reduce free radicals and enhance the immune system. It supports the digestive system, particularly the liver, and the thymus gland. Defense Maintenance contains cruciferous vegetables, a source of glyconutrients, which have been shown to have a protective effect against cancer. However, the amounts of these vegetables are small and are not sufficient to replace dietary needs.

Each capsule contains:

Vitamin A in adequate amounts is well known for its prevention of night blindness and other eye problems. It is also effective against infections, and is essential for building strong bones and teeth and for skin tissue repair and maintenance. Its powerful immune enhancing and antioxidant properties offer protection against pollution and shield the cells from cancer and other diseases.

Vitamin C is essential for tissue repair and growth, adrenal gland function and the production of antistress hormones. It is another powerful antioxidant that helps shield the cells from the harmful effects of pollution.

Vitamin E works synergistically with vitamin C. It is also an antioxidant that inhibits the formation of free radicals. It repairs tissues, improves circulation, reduces blood pressure and promotes normal blood clotting.

Zinc supports a healthy immune system and protects the liver from chemical damage. An adequate amount is needed to maintain the proper concentrations of vitamin E, in the blood.

Selenium is an antioxidant mineral. It protects the body against heart disease and cancer when combined with vitamin E.

Barley grass juice powder has a high concentration of chlorophyll, antioxidant vitamins and minerals and other nutrients. It is anti-inflammatory and immune supporting.

Asparagus is a common vegetable that has benefits for both the immune and urinary systems. It has been used as a food to fight both cancer and urinary infections.

Astragalus root is one of Chinese medicine's important tonics. Its strong antibacterial properties enhance the antibody response to antigens benefiting those with depressed immune systems due to age, drugs, cancer and radiation treatments.

Broccoli is a cruciferous vegetable that contains indole-3-carbynol, a substance that aids liver detoxification. Sulphur compounds in cruciferous vegetables have been shown to help prevent cancer and premature aging.

Cabbage powder is in the same family as broccoli and contains many of the same nutrients.

Ganoderma herb, also known as the Reishi mushroom, has numerous antioxidants that stimulate the immune system. Studies show it has antibacterial, anti-allergic, anti-tussive, anti-inflammatory and anti-tumor properties.

Parthenium root stimulates the immune system and promotes blood detoxification. Its "quinine-like" ability is very useful in the treatment of respiratory and gastrointestinal infections and lymphatic congestion.

Pau d'arco bark is a powerful immune system stimulant. One of its active ingredients, lapachol, holds great promise in the treatment of cancers. Historically, it has been used in the treatment of infections, yeast infections, inflammation and tumors.

Schizandra fruit is an adaptogenic herb that also benefits the liver, heart and kidneys. In Chinese medicine, it is thought to have a harmonizing influence on the body.

Eleuthero root is also an adaptogen, which means it helps the body cope with stress. It is known to enhance the immune system, improve stamina and endurance and reduce the negative effects of stress on the body.

Wheat grass juice powder is a complete nutritional food that contains antioxidant vitamins, minerals and trace elements. Its high concentration of chlorophyll improves the oxygen carrying uptake of red blood cells.

Myrrh gum, once considered a treasure of the east, has been used in China as an astringent for wounds, inflammation and ulcers since A.D. 600. It stimulates the immune system to produce white blood cells and also stimulates and tones the circulatory, digestive and respiratory systems.

Suggested Use

To enhance immune function, protect the body against free radicals and improve general health, take 2 capsules two times a day with meals. Pregnant women should avoid high dosages of Vitamin A (over 25,000 IU) and children taking vitamin A for more than one month should avoid amounts over 18,000.

Selected References:

- Healthy Healing, A Guide to Self-Healing for Everyone* by Linda Rector Page.
- Oriental Materia Medica* by Hong-Yen Hsu.
- Prescription for Natural Healing* by James F Balch and Phyllis A Balch.
- The Complete Medicinal Herbal* by Penelope Ody.
- PDR for Herbal Medicine* published by Medical Economics Company.
- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing.

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