

Viracid



RECOMMENDED USE

- *Helps to support immune function*

IMMUNE HEALTH

Viracid provides a combination of key nutrients and botanical extracts that support immune function.

Overview

The body's immune system is a complex and dynamic defense system that comes to our rescue at the first sign of exposure to an outside invader. The dynamic nature of the immune system means that all factors that affect health need to be addressed in order for it to function at peak performance.

Immune Nutrition Base

Viracid contains a blend of zinc, vitamin C and vitamin A, which each play a major role in supporting a healthy, functioning immune system.

Zinc

Zinc is a mineral that works synergistically with vitamin A in activating thymic factor, a thymus hormone with vital immune supporting properties.¹ Maintaining optimal zinc levels also helps maintain helper T-cell lymphocyte function, NK cell activity, macrophage function and antibody production.²

Vitamin C

Vitamin C is well known for its ability to support immune response. Vitamin C concentrations decline rapidly in the body during periods of stress. Dietary intake is therefore crucial during immune challenges.³ Vitamin C has been found to be helpful in supporting specific components of the immune system, including NK cell activity and lymphocyte function.³ Vitamin C also provides antioxidants for the support of good health.

Vitamin A

Vitamin A helps maintain mucous membranes and immune function. When vitamin A is lacking, mucus-producing cells are replaced by keratin-producing cells, and the membranes become tough and more vulnerable to organisms. Vitamin A is a critical immune supporting nutrient.⁴

L-Lysine

L-lysine is an essential amino acid that cannot be synthesized in the body on its own. Lysine must be derived from protein sources in the diet in order for the body to function properly.

Pantothenic Acid (vitamin B5)

Pantothenic acid (vitamin B5) is a water-soluble B complex vitamin. D-calcium pantothenate is a heat stable form of B5. About 85% of pantothenic acid in food occurs as a component of coenzyme A (CoA). As a component of CoA, pantothenic acid is essential to help maintain the body's ability to metabolize nutrients and form tissue.^{5,6}

Medicinal Ingredients (per capsule)

Vitamin C (Ascorbic acid USP).....	150 mg
Pantothenic acid (Calcium D-pantothenate USP)	5 mg
Vitamin B12 (Methylcobalamin)	1.25 mcg
Zinc (Albion™ Zinc bisglycinate).....	2 mg
Acerola (<i>Malpighia glabra</i> , Fruit)	12.5 mg (25% Vitamin C)
Vitamin A (Vitamin A palmitate)	1511 mcg RAE (5000 IU)
Beta-carotene (<i>Blakeslea trispora</i> , Whole).....	1500 mcg (2500 IU)
L-Lysine (L-Lysine monohydrochloride USP)	40 mg
Astragalus (<i>Astragalus membranaceus</i> , Root)...	125 mg (12:1, QCE 1.5 g)
Andrographis (<i>Andrographis paniculata</i> , Leaf) ..	100 mg (14:1, QCE 1.4 g)
European elder (<i>Sambucus nigra</i> subsp. <i>nigra</i> , Fruit) (13% anthocyanins)	125 mg (64:1, QCE 8 g)
Echinacea (<i>Echinacea purpurea</i> , Herb top) ...	50 mg (4.5:1, QCE 225 mg)

Non-Medicinal Ingredients

Hypromellose, Magnesium stearate, Silicon dioxide, Maltodextrin, Calcium silicate.

Recommended Dose

Adults: Take 1 capsule per day, with food, a few hours before or after taking other medications or natural health products. Consult a health care practitioner for use beyond 8 weeks.

Risk Information

Consult a health care practitioner prior to use if you: are breastfeeding or trying to conceive, have a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection or an auto-immune disorder, or excess gastric acidity, duodenal ulcers, oesophageal reflux or diabetes and/or are taking immunosuppressants, anticoagulant, antiplatelet, or antidiabetic medications. Do not use if you are pregnant. Stop use if allergy occurs. Diuretic effect may occur. Gastrointestinal discomfort has been known to occur; in which case, discontinue use.

To be sure this product is right for you always read and follow the label.

References

1. Dardenne M, Pleau J, Nabarra B, et al. Contribution of zinc and other metals to the biological activity of the serum thymic factor. *Proc Natl Acad Sci.* 1982;5370-3.
2. PDR Health: Zinc. www.pdrhealth.com.
3. Wintergerst ES, Maggini S, Hornig DH. Immune-enhancing role of vitamin C and zinc and effect on clinical conditions. *Ann Nutr Metab.* 2006;50(2):85-94.
4. Vitamin A. Integrative Medicine: Integrative Medicine Communications; 2000.
5. Melampy RM, Cheng DW, Northrop LC. Effect of pantothenic acid deficiency upon adrenal cortex, thymus, spleen, and circulating lymphocytes in mice. *Proc Soc Exp Biol Med.* 1951;76:24-27.
6. Mahboob S. Thymic weight in pantothenic acid deficiency. *Nutr Metab.* 1976;20:272-277.

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