

BUILD
RESTORE
ACTIVATE
VITALIZE
ENERGIZE

B.R.A.V.E.

IMMUNI-ZZZS

Rest + Immunity Support Dietary Supplement

B.R.A.V.E. Immuni-ZZZs is formulated to support immune health, healthy sleep cycles (circadian rhythm), relaxation, and improved mood.



*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.*



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Rest + Immunity Support Dietary Supplement

Integrated formulas to optimize your overall health & wellness.

SUGGESTED USE: AS A DIETARY SUPPLEMENT TAKE ONE (2) CAPSULES ONCE A DAY. FOR BEST RESULTS TAKE WITH AN 8OZ GLASS OF WATER.

SPECIFICATIONS

- Capsule
- 60 Capsules

CAUTION:

Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications.

Supplement Facts

Serving size: 2 Veggie Capsules

Servings per container: 30

	Amount per serving	% DV
Vitamin C (as ascorbic acid)	300mg	333%
Vitamin D3 (cholecalciferol)	100mcg	500%
Zinc (as zinc oxide)	20mg	182%
Elderberry (sambucus nigra)(fruit)	300mg	†
Echinacea (Echinacea purpurea)(aerial)	100mg	†
Valerian Powder (Valeriana officinalis)(root)	50mg	†
Chamomile Flower (Matricaria chamomilla)(flower)	50mg	†
L-Theanine	50mg	†
Melatonin	5mg	†

† Daily value not established.

Percent based on 2,000 calorie diet.



KEY INGREDIENTS

INGREDIENT	BENEFITS
Vitamin C (Acerola Cherry)	<ul style="list-style-type: none"> • Supports immune, cardiovascular, skin, cognitive, fat burning, and digestive health (97, 98). • Supports immune health via increased oxidant, free radical scavenging, and fueling neutrophilic (immune cell) activity in chemotaxis, phagocytosis, and microbial killing (97,98). • Supports fat burning by increasing carnitine biosynthesis (molecule required for mitochondrial fatty acid oxidation) (97,98). • Supports accelerate bone healing after a fracture, increase type I collagen synthesis, and reduce oxidative stress (inflammation) (98). • Supports reduced DNA damage in the kidney, liver, and bone marrow (318).
Zinc	<ul style="list-style-type: none"> • Supports immune function, skin health, cognitive function, and vision (172,173). • Supports stimulation of the innate and adaptive immune system (172,173). • Supports the activation of lymphocytes and activation of innate and T cell mediated immunity (172,173). • Supports cognitive function by modulation of neuronal signaling in areas of the brain associated with memory and learning (hippocampus) (172,173).
Elderberry Extract	<ul style="list-style-type: none"> • Supports antioxidant function, cardiovascular health, combats respiratory infections, and aids as antiviral agent (231,232,233,234). • Supports antioxidant function due to polyphenolic content, increased free radical scavenging ability, and reduced inflammatory cytokines (231,232,233) • May support antiviral activity against pathogens via flavonoids that bind to and prevent H1N1-type IV infection (234). • Supports antimicrobial effects via combating bacteria that cause upper respiratory tract infections (Gram-positive bacteria <i>Streptococcus pyogenes</i> and group C and G <i>Streptococci</i>) (234).

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INGREDIENT	BENEFITS
Vitamin D3	<ul style="list-style-type: none"> ● Supports exercise performance, immune health, muscle growth, optimal bone health, hormonal health, immune function, increased sexual health, cardiovascular health, glucose tolerance, strength, and positive mood (77,78,79). ● Supports hormonal health via high amounts of vitamin D receptor (VDR) activity in hormone based negative feedback loop reactions (77,78). ● Supports cardiovascular health via improved absorption of calcium, reduced atherosclerotic activity, stimulating cardiomyocytes, and improved vascular health (77,78). ● Supports exercise performance via reduced exercise associated inflammation and muscle damage (77,78). ● Supports sexual health via increased activity of Vitamin D receptor activity of testosterone production (79). ● Supports immune function via decreases of inflammatory cytokines and aiding immune cells (77,78). ● Supports joint health via regulating calcium and phosphorus and bone remodeling along with other calcium-regulating actions (77,78).
Chamomile	<ul style="list-style-type: none"> ● Supports healthy sleep, relaxation, reduced anxiety, and antioxidant support (251,252,253). ● Supports antioxidant function due to high levels of quercetin (flavonoid antioxidant) (251,252,253). ● Supports sleep via increases in parasympathetic (relaxation mode) activity, increased benzodiazepine-like hypnotic activity (sleep inducer), and attachment to GABA receptors (251,252,253).
Valerian Root	<ul style="list-style-type: none"> ● Reduces stress, enhances sleep, and improves mood (244,245). ● Enhances positive mood and sleep via regulated gamma-aminobutyric acid receptor A (GABAA) activity (receptor which controls sleep) (244, 245).
Melatonin	<ul style="list-style-type: none"> ● Supports healthy sleep patterns, immune function, and antioxidant support (256,257, 258). ● Supports healthy circadian rhythms, and improves the onset, duration, and quality of sleep. ● Supports immune function via improved free radical scavenging capacity (258).
L-Theanine	<ul style="list-style-type: none"> ● Unique non-protein amino acid found in green tea (Camellia sinensis) (53). ● Supports mood, mental clarity, and cognitive health, memory, and is a natural anti-depressant/neuroprotective agent (53). ● Aids as an antidepressant due to partial antagonism for the N-methyl-D-aspartate receptor manifesting its cognitive optimizing effects (53). ● Reduces the neuropsychiatric side effects of chronic adolescent THC exposure (54).