

DEFENDING YOURSELF AGAINST VIRUSES: MANAGING THREATS

A balanced immune response is the only way your body defends itself against infections. Even if you do become infected, your body is more likely to be able to resolve the infection if the immune system is functioning optimally.

TAKE THE FOLLOWING STEPS TO SUPPORT IMMUNE HEALTH:



Eat nutritious meals emphasizing plenty of colorful vegetables and fruits.



Incorporate physical activity into your daily life. You want to be active for 150 minutes/week, approximately 30 minutes/day.



Get adequate amounts of rest and avoid fatigue.



Drink plenty of fluids to keep membranes moist and more resistant to infection.



Consume 2 or more daily servings of HyperIg PL-100.

BY TAKING THESE STEPS, YOU MAY INCREASE YOUR BODY'S ABILITY TO DEFEND ITSELF AGAINST PATHOGENS, BALANCE IMMUNE FUNCTION AND ACHIEVE OPTIMAL HEALTH.

HyperIg PL-100, the original hyperimmune egg, goes beyond nutrition to support balanced immune responses.

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