

# FORTRESS™

## PRODUCT INFORMATION PAGE

### Overview

In our fast-paced, ever-changing world with increased exposure to environmental stressors, helping maintain immune functions and mechanisms has never been more important. It has also never been more difficult. Most people are exposed to pollution and stress and struggle to get proper nutrients and maintain a healthy diet. Many people are feeling vulnerable to these and other frequent stressors.

Our bodies require balanced support, especially during times where we feel most vulnerable. That's why New U Life is proud to present our newest and most advanced dietary supplement, Fortress. Formulated by New U Life founder Alexy Goldstein, Fortress contains the latest in independent clinically researched botanicals, probiotics, and vitamins to help maintain healthy immune mechanisms, all while maintaining optimal vitality and maximizing antioxidant efficacy. Our goal at New U Life is to help you achieve whole body health. With Fortress, we are confident you can feel empowered to accomplish your everyday tasks.



### Concept

Our bodies have many natural processes to protect themselves from environmental stressors. These systems include things like cytokine response or inflammatory balance, antioxidant protection, and cellular communication structures to name a few. It is important to support the function of these individual processes and mechanisms in order to maintain overall health and vitality. Independent clinical studies on individual ingredients help provide the scientific basis for developing a blend of key ingredients that may provide support for individual protective functions.

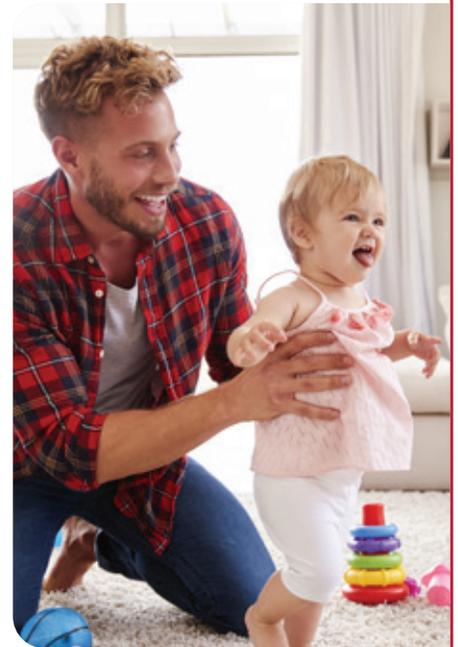
### Primary Benefits

- | key ingredients support healthy immune system function
- | clinically researched ingredients
- | aids with optimal wellness
- | maximize antioxidants efficacy
- | fast-acting and effective
- | high ORAC value ingredients
- | supports individual protective mechanisms in the body

## What makes this product unique

New U Life is committed to creating only the highest quality and effective products for you and your family. Fortress features high-quality, effective key ingredients to support your body's protective mechanisms when you need it most. This formula includes ingredients like Bioflavonoids, Lactoferrin, Probiotics, and Elderberry to name a few. Fortress's unique blend offers independent clinically-researched ingredient combinations coupled with high ORAC values. ORAC (Oxygen Radical Absorbance Capacity) is the ability of a food or substance to quench oxygen free radicals in a test tube, to identify its 'total antioxidant capacity'. High ORAC levels have been shown to boost blood antioxidant scores, thus having the potential to boost your overall antioxidant function.

These uniquely sourced key ingredients aim to support your body's immune mechanisms and support overall vitality. For example, Echinacea purpurea extract has been shown in studies to support your body's white blood cell count, while citrus bioflavonoids, when paired with vitamin C have been shown to aid in neutralizing free radicals.



## Who can use the product

Anyone age 18+ who are looking to support their immune system can use Fortress. Children under 18 should not use this product.

## Usage instructions

As a dietary supplement, take 2 capsules of Fortress 1 to 2 times daily after a meal.

### Storage Instructions:

Store in a cool, dry place. This product does not require refrigeration.



## Supplement facts/ingredients

Supplement Facts	
20 servings per container	
Serving Size	4 Capsules
Amount Per Serving	% DV*
Vitamin C 1,000mg	1,111%
Zinc 29mg	268%
Fortress Immune Blend 2,815mg †	
Vitamin C (as Ascorbic Acid)	†
Echinacea Purpurea Extract	†
Garlic Bulb (Allium sativum) Extract	†
Astragalus Membranaceus Extract 10:1	†
Berberine HCl	†
Zinc (as Zinc Glycinate Chelate)	†
Cayenne Pepper Extract	†
Citrus Bioflavonoid Complex	†
Elderberry Extract 10:1	†
Eleutherococcus Senticosus Extract 4:1	†
Ginger (Zingiber Officinale) Extract [5% Gingerols]	†
Lactoferrin	†
Lactobacillus Acidophilus	†
Bifidobacterium Bifidum	†
Bifidobacterium Lactis	†
Bifidobacterium Longum	†

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

†Daily Value (DV) not established.

Other ingredients: Vegetable Cellulose, Rice Flour, Vegetable Capsule.

## Related studies

- | Tiralongo E, Wee SS, Lea RA. Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial. *Nutrients*. 2016;8(4):182. Published 2016 Mar 24. doi:10.3390/nu8040182
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- | Shahzad M, Shabbir A, Wojcikowski K, Wohlmuth H, Gobe GC. The Antioxidant Effects of *Radix Astragali* (*Astragalus membranaceus* and Related Species) in Protecting Tissues from Injury and Disease. *Curr Drug Targets*. 2016;17(12):1331-1340. doi:10.2174/138945011666150907104742
- | Ortiz LM, Lombardi P, Tillhon M, Scovassi AI. Berberine, an epiphany against cancer. *Molecules*. 2014;19(8):12349-12367. Published 2014 Aug 15. doi:10.3390/molecules190812349
- | Xu C, Mathews AE, Rodrigues C, et al. Aged garlic extract supplementation modifies inflammation and immunity of adults with obesity: A randomized, double-blind, placebo-controlled clinical trial. *Clin Nutr ESPEN*. 2018;24:148-155. doi:10.1016/j.clnesp.2017.11.010
- | Ross SM. *Echinacea purpurea*: A Proprietary Extract of *Echinacea purpurea* Is Shown to be Safe and Effective in the Prevention of the Common Cold. *Holist Nurs Pract*. 2016;30(1):54-57. doi:10.1097/HNP.0000000000000130
- | Hojyo S, Fukada T. Roles of Zinc Signaling in the Immune System. *J Immunol Res*. 2016;2016:6762343. doi:10.1155/2016/6762343

## Other New U Life Products:

### SOMADERM



SOMADERM is a powerful FDA-registered transdermal gel that contains a cutting edge blend of the Human Growth Hormone, homeopathic glandulars, and botanicals that promotes youthful benefits and wellness.

### KETODAY & KETONIGHT



KetoDay and KetoNight feature a patented Michelle Liposomal delivery system that can increase nutrient bioavailability. These unique products provide total body benefits by increasing Ketone production while promoting your body's natural ability to burn FAT for FUEL.