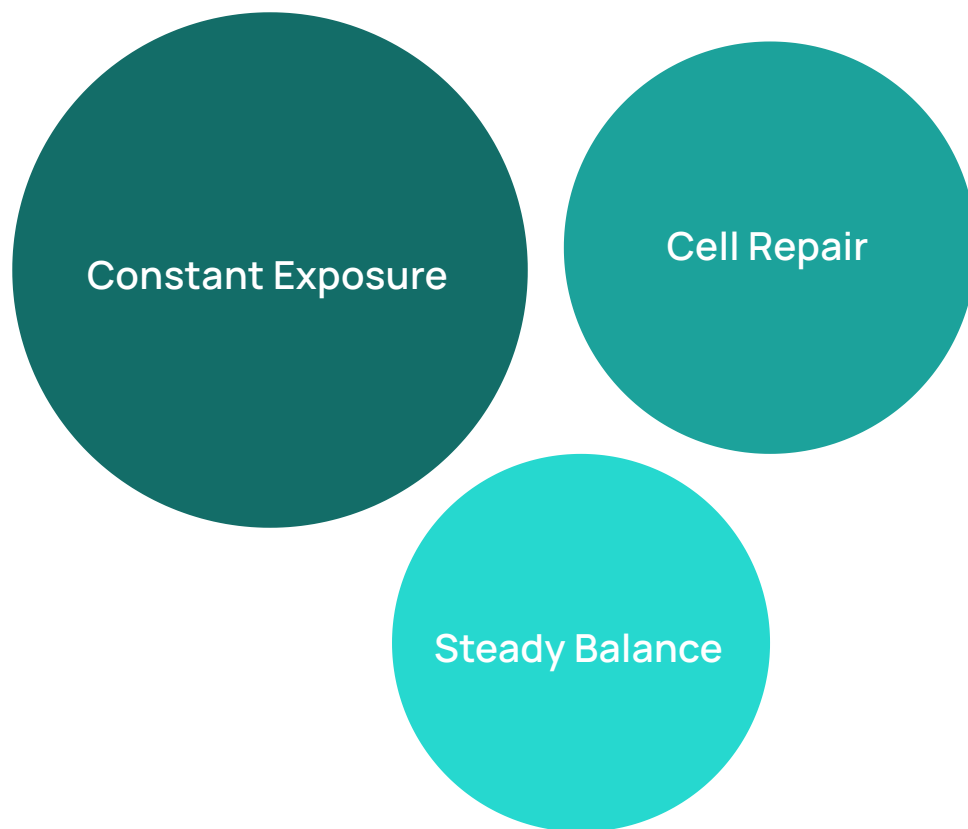


Daily Wellness Boost



Why Daily Support Matters



A daily wellness boost helps maintain your immune system by providing steady nutrients and healthy habits that support your body's constant defense against germs, reducing long-term illness risks.



The 5 Core Daily Immune Habits

Eat Whole Foods

Fresh fruits, vegetables, and lean proteins provide vital vitamins like C and D to fuel your immune defenses every day.

Sleep Well

Rest lets your body recover and build infection-fighting proteins overnight, making sleep a non-negotiable pillar of immunity.

Supplement Wisely

A targeted daily formula with whole-food-derived ingredients fills nutritional gaps your diet alone may not cover.

Stay Active

Regular movement helps immune cells travel efficiently through your body, keeping your defense network responsive.

Reduce Stress

Calm habits lower stress hormones that weaken defenses. Chronic stress is one of the greatest suppressors of immune function.

Flax, Pumpkin, Hemp & Turmeric

These four ingredients support the immune system by providing omega-3 fatty acids, zinc, plant proteins, and anti-inflammatory compounds that lower inflammation, protect immune cells, and fuel healthy gut bacteria.



Flax Seeds

- **Omega-3 Fats:** Rich in ALA, an omega-3 fat that fights body inflammation.
- **High Fiber:** Feeds good gut bacteria for a strong immune defense.
- **Lignans:** Plant antioxidants that protect cells from damage.



Pumpkin Seeds

- **Zinc Power:** Packed with zinc, a vital mineral for immune cell growth and function.
- **Antioxidants:** Contain carotenoids and vitamin E to reduce cell stress.
- **Magnesium:** Helps lower chronic inflammation.



Hemp Seeds

- **Complete Protein:** All essential amino acids needed to build immune proteins and antibodies.
- **Healthy Balance:** Balanced omega-3 and omega-6 fats to regulate immune responses.
- **Minerals:** Provide zinc and iron for overall immune health.



Turmeric

- **Curcumin Active:** Blocks inflammatory signals in the body.
- **Cell Protection:** Acts as a strong antioxidant to stop oxidative stress.
- **Enhanced Absorption:** Works best when paired with a pinch of black pepper.



Panax Ginseng, Blueberry, Spirulina & Astaxanthin

These four ingredients support the immune system through a combination of immunomodulation, antioxidant cellular defense, and anti-inflammatory pathway regulation. They work synergistically to train innate immune cells, protect white blood cells from oxidative damage, and prevent chronic overinflammation.

Panax Ginseng The Adaptogenic Regulator — dynamically balances the immune system. Activates macrophages, balances Th1/Th2 responses, and boosts IgA and IgG antibody levels to neutralize viral threats.	Blueberry The Cellular Super-Soldier Activator — dense in anthocyanins. Multiplies NK cells, elevates T-cells, and blocks the NLR3P inflammasome pathway to reduce severe inflammatory signaling.
Spirulina The Innate Shield & Gut Fortifier — powered by phycocyanin. Triggers antiviral cytokines (IFN-γ, IL-2), maintains white blood cell ratios, and strengthens mucosal gut immunity.	Astaxanthin The Mitochondrial Guard — one of nature's most potent antioxidants. Scavenges free radicals across the full lipid bilayer of immune cells, powers immune mitochondria, and prevents DNA damage.

Comparative Immune Action Summary

Each ingredient targets distinct immune pathways, providing complementary and synergistic protection across the full spectrum of immune defense.

Ingredient	Primary Bioactive	Main Immune Mechanism	Major Benefit
Panax Ginseng	Ginsenosides	Adaptogenic regulation & macrophage activation	Balanced pathogen defense
Blueberry	Anthocyanins	Upregulation of NK cells and T-cells	Enhanced immune surveillance
Spirulina	Phycocyanin	Antiviral cytokine production & mucosal barrier strength	Pathogen exclusion & gut defense
Astaxanthin	Carotenoids	Trans-membrane antioxidant protection of immune cell lipids	Prolonged immune cell survival & vitality



Artichoke, Rosemary, Olive Leaf & Clove: Botanical Immune Defense

Artichoke

Prebiotic Gut Support — rich in inulin that feeds beneficial bifidobacteria. Modulates macrophages, inhibits TLR4/NF- κ B inflammatory pathways, and protects the liver via cynarin and chlorogenic acid.

Rosemary

Cellular Shielding — carnosic and rosmarinic acids deliver broad-spectrum antibacterial, antiviral, and antifungal defense. Balances T-cell proliferation and supports healthy blood flow for immune cell travel.

Olive Leaf

White Blood Cell Activator — oleuropein increases CD8+ T cells and NK cells, physically blocks viral binding to host cells, accelerates phagocytosis, and optimizes the gut barrier via Akkermansia muciniphila.

Clove

Antioxidant Powerhouse — eugenol delivers one of the highest antioxidant scores of any known botanical. Scavenges free radicals from immune "friendly fire," disrupts bacterial biofilms, and moderates pro-inflammatory cytokines.

Botanical Immune Mechanisms: Summary Comparison

These four botanicals protect host cells from oxidative stress and optimize the body's natural defense mechanisms through complementary and synergistic action.

Botanical	Primary Bioactive	Main Immune Action	Best Used For
Artichoke	Inulin, Cynarin	Prebiotic gut barrier fueling & liver cellular defense	Long-term immune resilience via gut health
Rosemary	Carnosic acid, Rosmarinic acid	Broad pathogen resistance & antioxidant cell shielding	Daily cellular defense and infection prevention
Olive Leaf	Oleuropein, Hydroxytyrosol	Stimulates NK/T-cells and blocks viral binding	Acute viral protection and white blood cell activation
Clove	Eugenol	Massive free radical clearing & bacterial biofilm disruption	Reducing oxidative stress during acute illness

Medicinal Mushrooms & Triphala

Oyster mushroom, lion's mane, turkey tail, cordyceps, and triphala act as immunomodulators. They contain beta-glucans, polysaccharides, and antioxidants that help balance white blood cells, regulate cytokines, manage inflammation, and support gut-associated immune tissue.



Oyster Mushroom

- Contains pleuran (a specific beta-glucan) that stimulates macrophage and natural killer cell activity.
- Supports mucosal immunity in the respiratory and digestive tracts.



Lion's Mane

- Rich in beta-glucans that feed beneficial gut microbes.
- Indirectly enhances immunity by strengthening the gut microbiome, where most immune cells reside.



Turkey Tail

- Packed with PSK and PSP (protein-bound polysaccharides).
- Directly activates white blood cells like monocytes, killer cells, and dendritic cells.



Cordyceps

- Contains unique cordycepin and complex polysaccharides.
- Helps regulate T-cell function and combats physical and cellular stress that can weaken immune defenses.



Triphala

- An Ayurvedic blend of three fruits rich in polyphenols and Vitamin C.
- Acts as a free radical scavenger and enhances neutrophil and macrophage function while calming excessive inflammation.



Black Cumin, Graviola Leaf & Cacao

These three natural ingredients use unique biochemical compounds to regulate immune pathways, enhance white blood cell defense, and protect healthy tissues from damage, acting as immunomodulators, antioxidant suppliers, and inflammation controllers.

Black Cumin (*Nigella sativa*)

Powered by thymoquinone (TQ): increases T-cell and NK cell counts, balances pro-inflammatory cytokines to prevent dangerous cytokine storms, and inhibits the growth of harmful bacteria, viruses, and fungi directly.

Graviola Leaf (*Soursop*)

Rich in annonaceous acetogenins and polyphenols: activates macrophages to engulf foreign invaders, neutralizes free radicals through flavonoids, and disrupts the energy production of harmful foreign cells to prevent replication.

Cacao (*Theobroma cacao*)

Packed with epicatechin flavonoids, zinc, and magnesium: enhances adaptive T-cell functions to synthesize antibodies, positively alters gut microbiota and GALT, and suppresses excessive acute inflammatory pathways.

Immune Support Mechanism Comparison

Black cumin, graviola leaf, and cacao each bring distinct bioactive compounds targeting different facets of immune health for comprehensive daily support.

Natural Ingredient	Key Active Compound	Primary Immune Impact	Target Areas
Black Cumin	Thymoquinone	T-cell promotion & cytokine balance	Systemic infections & respiratory health
Graviola Leaf	Acetogenins	Macrophage activation & cellular shielding	Cellular mutation & pathogen defense
Cacao	Flavonoids (Epicatechin)	Antibody synthesis & gut immunity	Intestinal health & adaptive response



Your Daily Formula: Whole-Body Immune Support

A Complete, Synergistic Approach

Our formula harnesses a wide variety of whole-food-derived seeds, botanicals, mushrooms, and antioxidants — each chosen for a specific, evidence-informed role in immune regulation. Together they provide broader, more resilient protection than any single ingredient can offer alone.

Consistency Leads to Lasting Immunity

Remember: immune health is built over time, not overnight. Pairing this daily formula with whole foods, movement, sleep, and stress management creates the steady foundation your body needs to mount and maintain a strong, balanced defense every single day.