



NATURAL FACTORS NUTRITIONAL PRODUCTS LTD.

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Flu Pandemics - Protecting Yourself With Natural Supplements

Flu pandemics sweep the globe from time to time as new flu bugs emerge. These bugs cause global epidemics - pandemics - because many people have little or no immunity to these viruses. The appearance of the recent influenza A H1N1, otherwise known as the Swine flu, demonstrates how vulnerable we can be to new diseases. In today's truly international community, pathogens can spread rapidly across the globe with far reaching effects on public health and safety.

When a new disease first appears there is often a lack of effective treatments or vaccines. What then is the common sense approach to protecting yourself and your family from the threat of a new flu? A healthy, well functioning immune system can mitigate flu symptoms, which include fever, cough, sore throat, body aches, headache, chills and fatigue. Take steps to acquaint yourself with natural anti-viral and immune-enhancing supplements that will support and enhance your immune system.

Is Your Immune System Up To The Challenge?

The immune system is perhaps the most important body system when it comes to maintaining good health. When it is functioning properly, it protects the body against bacterial and viral infections. If the immune system weakens, its ability to defend the body also weakens, allowing pathogens, including viruses, to grow and flourish in the body. During a viral infection the immune system kills and discards millions of infected cells. In the process, millions of the immune system's white blood cells also die. These cells must be quickly replaced, which can strain the immune system and make us vulnerable to illnesses. A healthy diet and lifestyle, in addition to immune-enhancing natural supplements, can go a long way in helping you deal with any viral attack.

Immune-Enhancing Supplements

- **Echinamide® Anti-Viral Potent Fresh Herbal Tincture and Extract** - a proprietary blend of five outstanding anti-viral herbs (including lomatium, that protected people during the Spanish Influenza outbreak), each backed by science and proven effective and safe. This formula has the ability to attack both acute and chronic viral infections while stimulating and supporting the whole immune system. As well, it interferes with virus replication. It can be taken in low doses for extended periods or in mega doses (since it is non-toxic) to combat acute viral infections.
- **Enriching Greens™** - a nutritional powerhouse of more than 40 health-promoting ingredients, including a broad spectrum of vitamins, minerals and phytonutrients, that help modulate immune function, stimulate antibody production, increase the number of disease-fighting cells (such as natural killer cells) and help prevent viral infection.
- **BioCgel™** - combines 500 mg of the preferred form of vitamin C, pH neutral, buffered calcium ascorbate, with 50 mg of BerryRich, a proprietary whole fruit blend that is a source of naturally-occurring flavonoids, antioxidants and vitamin C. White blood cells, which eliminate invading microorganisms, need high concentrations of vitamin C to function properly.
- **MultiFactors™ Multivitamin & Mineral Formulas** - four uniquely designed formulas for men and women of all ages that support healthy aging, aid in combating fatigue and stress, and provide superior immune protection.
- **RxOmega-3 Factors® Extra Strength** - a rich source of omega-3 essential fatty acids (EFAs), providing 400mg EPA and 200mg DHA. EFAs play a critical role in immune defense. Without EFAs, continual and cumulative damage occurs to the cell membranes, which erodes our health and weakens our immunity.
- **Ultimate Multi Probiotic Regular and Double Strength** - a 12-strain probiotic blend with eight *lactobacilli* species and one *lactococcus* species to restore and maintain healthy intestinal flora balance. Studies show that beneficial bacteria increase numbers of specific immune cells that control the immune system's response to harmful pathogens and also protect the body from excessive inflammation during the course of infection.

For more information about flu strains and pandemics:

Public Health Advisory of Canada

<http://www.phac-aspc.gc.ca/tmp-pmv/2009/hsf-mexico-090427-eng.php>

World Health Organization

http://www.who.int/csr/don/2009_04_28/en/index.html

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