

Wellness Formula®

Immune Support You Can Trust



**Vity Awards
#1
Immune
Formula¹**

Year after year, Wellness Formula® has been voted America's #1 immune supplement and a top cold weather formula in the industry's leading nationwide poll, the Vity Awards.¹ Wellness received these honors due to its strong reputation for immune support and customer satisfaction.

Thirty years ago, Wellness Formula established the industry's first wellness-immune category. Since then, millions have turned to Wellness to help support immune health—and recommended it to their friends and family. Many brands have tried, unsuccessfully, to emulate our proprietary formula and quality. And today retailers count on Wellness Formula as a perennial favorite.

Why is Wellness Formula so popular? Because Wellness is uniquely effective. This advanced Bio-Aligned Formula® goes deep to the root cause of immune challenges. Wellness addresses several key SystemiCare™ metabolic systems that are critical for winter wellness, such as Immunity and Antioxidant Defense.*

¹Winner of thirteen Vity Awards for best immune product, *Vitamin Retailer* magazine, June 2003-2007 and 2010-2017.



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A Bio-Aligned Formula®

Wellness is a Bio-Aligned Formula®, designed to bring harmony to the multiple, interconnected systems that influence immune health. Here's how.*

Immune System

A healthy immune system is important to help you optimize wellness. The immune system includes barriers that keep foreign materials from entering your body, such as the skin, mucus and the cough reflex. If these barriers fail, protection is provided by internal components.*

Immune system components supported by Wellness Formula include protective barriers such as the skin and mucous membranes, cell-mediated immunity involving T-lymphocytes and thymus support, and humoral immunity, consisting of B-lymphocytes and macrophage interactions.*

Vitamin A is involved in T-lymphocyte activity, mucosal immunity and phagocytosis. Beta carotene is involved in thymus gland function and in white blood cell activity. Vitamin C is concentrated in the white blood cells. Zinc is found in specific protein compounds within the thymus gland that play an important role in the differentiation of T-cells. Research reveals echinacea's ability to support immune function, specifically the activity of macrophages. Astragalus is a primary supporter of natural defenses.*

Respiratory System— Cleansing Mucous Membranes

Our nasal passages, sinuses, throat and bronchial tubes are protected by mucous membranes, moist layers of connective tissue that are the first line of immune defense. Cleansing the mucous membranes is an important part of supporting your immune system.

Vitamin A is necessary for the secretion of mucin (a constituent of mucus) in the intestinal mucous membranes and for the integrity of connective tissue. The integrity of vessels and membranes is also supported by vitamin C, mullein, copper and zinc. Astragalus, isatis, garlic, goldenseal, and pau d'arco are herbs that cleanse the mucous membranes.*

Respiratory System— Clearing Mucus

As important as mucous membranes are to the immune system, too much mucus can be a problem. Wellness Formula includes herbs that support the body's clearing of excess mucus in the upper respiratory system. These include mullein, horehound, polygonatum, goldenseal, and pau d'arco.*

Stress Response Mechanisms

Science now shows that emotional and physiological stress significantly impact the immune system. Wellness Formula supports our bodies' overall response to stress. Eleutherococcus is an adaptogen whose key constituents, saponin glycosides, support the body's stress response.

The herb astragalus also supports the stress response.*

Antioxidant Defense

While carrying out their immune functions, white blood cells generate free radicals, highly reactive molecules that can damage the very white blood cells that produce them. Vitamin C, a free radical scavenger, is concentrated in certain white blood cells, providing them with a built-in defense mechanism. Bioflavonoids act as cofactors that complement the action of vitamin C. Additional antioxidant support is provided by vitamin A, beta car-



otene, copper, selenium, and pau d'arco.*

Strategies for WellnessSM

Immuno-Support Plan

Simple nutritional choices and lifestyle patterns are important to your strategy for winter wellness.

Wash Your Hands

A study evaluated the impact of a one-hour educational session on handwashing for staff members of senior day-care centers. Attendees experienced significantly fewer winter health difficulties. Handwashing for 10 to 15 seconds with soap and water reduces the spread of germs.

Eat Your Veggies—Skip the Sugar

Studies show that regular meals and consuming green vegetables are associated with a stronger immune response by white blood cells. Conversely, consumption of simple carbohydrates and sweets decreases white blood cell activity. So, eat your greens—and go easy on holiday treats!

Early to Bed, Early to Rise

Sleep does more than make you feel rested. Two studies with healthy volunteers demonstrated suppression of immunological function after one night of modest sleep deprivation. The activity of certain white blood cells and the production of chemicals essential for immune system performance significantly decreased.

Most U.S. adults get less than seven hours of sleep per night during the work week, while research has determined that certain parameters of immune function are enhanced by more than seven hours of sleep.

Stress, Conflict and Emotional Support

Stressful situations drain our energy and emotions. Science now shows that our immune systems and our physical health are also affected. A supportive approach to resolving conflicts or a strong social/emotional support system ameliorates the impact of stress.

Exercise and Immune Function

Moderate exercise is good for your health. In studies examining the effect of near-daily brisk walking over a 12 to 15-week period, active subjects had half as many missed days as inactive subjects.

The Wellness Family™ Supports Your Immune Defenses

You can maintain good health all year long with the Source Naturals® Wellness Family™ of natural defense system products. See your local health food store about these other Wellness products: Wellness Breathe-Free™, Wellness C-1000™, Wellness Transfer Factor™, Wellness Cold & Flu™, Wellness Colloidal Silver™, Wellness Cough Syrup™, Wellness EarAche™, Wellness Elderberry™, Wellness Fizz®, Wellness GarliCell™, Wellness Herbal Kids™, Wellness Herbal Resistance™, Wellness Herbal Throat Spray™, Wellness ImmuNow™, Wellness Multiple™, Wellness Oil of Oregano™, Wellness Olive Leaf Extract™, Wellness Vitamin D-3™, and Wellness Zinc™.*

References

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Wellness is a Bio-Aligned Formula® Multiple System Support for Immune Health

Immune System	Astragalus, Echinacea, Isatis, Propolis, Selenium, Zinc, Vitamins A & C, Beta Carotene
Respiratory System: Cleansing Mucous Membranes	Astragalus, Echinacea, Garlic, Goldenseal, Isatis, Mullein, Pau d'Arco, Propolis, Copper, Zinc, Vitamins A & C
Respiratory System: Clearing Mucus	Angelica, Cayenne, Goldenseal, Horehound, Mullein, Polygonatum
Stress Response Mechanisms	<i>Eleutherococcus senticosus</i> , Vitamin C
Antioxidant Defense	Astragalus, Bioflavonoids, Pau d' Arco, Selenium, Zinc, Vitamins A & C, Beta Carotene



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