

ViaZen

ViaZen Immunity Spec Sheet

FOR HEALTH PROFESSIONALS

Format

60 capsules / NPN 80104797

Anticipated results

- Helps strengthen and regulate the immune system.
- Helps reduce oxidative stress.
- Helps temper conditions associated with a weakened immune system (repeat infections, cancer) or overactive immune system (inflammatory conditions, allergies).
- Ensures an optimal supply of phytonutrients and minerals to modulate immune system functions.



Secondary anticipated results

- Helps prevent selenium and zinc deficiency.
- Helps slow down the aging process.
- Promotes vitality.
- Helps promote an alkaline and anti-inflammatory terrain.
- Supports biological functions involved in the maintenance of good health.

Who needs ViaZen Immunity?

This product has been specially formulated to support the immune system's various functions to ensure an optimal immune response. ViaZen Immunity is indicated for the clinical manifestations below (one or more).

Table 1: Clinical manifestations of immune balance

- Asthma
- Bacterial and viral infections
- Cancer
- Chemotherapy (leukopenia)
- Cold sores
- Fatigue
- Inflammatory conditions
- Oxidative stress
- Seasonal allergies (allergic rhinitis)
- Shingles
- Weakened immunity (repeat infections)

Medicinal ingredients of ViaZen Immunity

The synergy of the ingredients in ViaZen Immunity is the key to effectiveness in this SUPERIOR FORMULA.

Medicinal Ingredients	Dosage (per capsule)	Daily dosage (for 2 capsules)
Astragalus (root) (<i>Astragalus membranaceus</i>) Extract 10:1, equivalent to 1.400 of raw material Immune support, anti-inflammatory, antioxidant	140 mg	280 mg
Reishi (fruiting body) (<i>Ganoderma lucidum</i>) Extract 15:1, equivalent to 2.100mg of raw material, standardized to 25% Polysaccharides Multi-level immune support and antioxidant	140 mg	280 mg
Green tea (leaf) (<i>Camellia sinensis</i>) Extract 10:1, equivalent to 500mg of raw material, standardized to 40% pigallocatechin 3-gallate / 95% Polyphenol Antioxidant, anti-inflammatory	50 mg	100 mg
Blueberry (fruit) (<i>Vaccinium angustifolium</i>) Extract 100:1, equivalent to 2.500mg of raw material Antioxidant and alkalizing	25 mg	50 mg
Selenium (<i>Selenium glycinate</i>) Antioxidant	75 mcg	150 mcg
Zinc (<i>Zinc bisglycinate</i>) Helps to maintain and support immune function	25 mg	50 mg

Non-medicinal ingredients: Microcrystalline cellulose, vegetable magnesium stearate, gelatin (bovine).

Note: ViaZen Immunity is free from wheat, soya, corn, yeast, peanuts, gluten, egg and dairy products. It does not contain preservatives, sweeteners, colouring agents, artificial flavours and is exempt of GMO.

Indications

ViaZen Immunity is recommended to support the immune system and for the prevention of infections and seasonal allergies. It is also indicated to help relieve discomfort associated with inflammatory conditions.

Dosage

Take 2 capsules once daily. Take with food to prevent gastrointestinal discomfort. Treatment should be carried out for a period of 2 to 12 consecutive weeks. Take a few hours before or after taking other medications or natural health products.

Action mechanism

Astragalus root is used in herbal medicine / phytotherapy to help maintain a healthy immune system. A variety of saponins (including astragaloside), several flavonoids (including isoflavones), polysaccharides, amino acids and coumarins are responsible for the root's therapeutic properties. Preliminary studies have shown that astragalus root extract enhances the immune response in cases of immune deficiency. Astragalus root helps stimulate immunity by causing a significant increase in certain key white blood cells (monocytes, lymphocytes and neutrophils). Astragalus also appears to increase activation of macrophages and potentiate the activity of NK cells. By the same token, Astragalus causes an increase in immunoglobulins IgA, and IgG, IL-2 and interferon, as well as possesses immunomodulatory properties. Researchers have observed that astragalus seems to cause dynamic changes in the levels of circulating cytokines, such as TNF-alpha, IL-6 or gamma interferon. Research has also shown that astragalus can reverse Th2 T-helper cell dominance, as well as possesses anti-inflammatory properties that inhibit the expression of the nitric oxide synthase (involved in vasodilation) and reduces the presence of cyclooxygenase. The active components in astragalus are also believed to downregulate the production of molecules involved in the inflammatory response, such as NF B, prostaglandin E2 and several cytokines (IL-1, IL-6, TNF-alpha). Lastly, astragalus root has well-documented antioxidant properties, which can increase Superoxide Dismutase (SOD) to help reduce oxidative stress.

Green tea extract has been studied extensively. Green tea leaves are rich in polyphenols, antioxidants of the catechin family - the principle one being EGCG (epigallocatechin-3-gallate). Green tea also contains flavonoids including quercetin. These medicinal compounds have antimutagenic properties and safeguard DNA, which helps to protect against several types of cancers. In addition, green tea extract has the ability to reduce oxidative damage to DNA, by inhibiting pro-oxidant cellular enzymes and activating antioxidant enzymes.

Its ability to inhibit the production of inflammatory mediators (including among others leukotriene B4 and IL-1), further bolsters its anti-inflammatory potential. Several clinical studies have shown that supplementing with green tea extract reduces the risk of cold and flu symptoms. Polyphenols in green tea also have the ability to bind to certain viral proteins (for example, influenza hemagglutinin), thereby preventing the virus from invading healthy cells.

Reishi has been used in traditional Chinese medicine for over 2000 years. Its fruiting body is made up of polysaccharides, including B-glucans and triterpenes (including ganoderic acid), and is known as an adaptogen that bolsters overall health. A clinical study involving 132 people reported that reishi extract significantly reduced symptoms associated with chronic fatigue (neurasthenia). Reishi also bolsters the immune response by stimulating immune cells. Its active components bind to cellular receptors (T lymphocytes, B lymphocytes, NK cells, neutrophils, macrophages) to protect against

a variety of viral and bacterial agents. In addition, reishi calms an overactive immune response, thereby limiting allergic (inhibits release of histamine) and inflammatory reactions. Reishi also has antioxidant properties, thus providing cellular protection against oxidative stress. The medicinal components in reishi also possess anti-tumor properties and protect against several forms of cancer. They work by inhibiting tumor cell proliferation (metastasis) via apoptosis. In addition, in vitro studies have shown that reishi extract has the ability to reduce angiogenesis.

Blueberries rank first among twenty fruits in terms of total antioxidant capacity. They contain a wide variety of phytonutrients, including anthocyanidins and proanthocyanins, resveratrol, quercetin, catechins, kaempferol, phenolic and carboxylic acids. Blueberries also contain carotenoids, glutathione and vitamin C. This pool of active molecules provides important antioxidant protection and acts as an anti-inflammatory mediator, reducing the production of inflammatory cytokines. Blueberries further possess anti-cancer properties and promote apoptosis of neoplastic cells. In addition, anthocyanidins may also have an effect on enzymes involved in the development of tumors.

Selenium is a mineral that plays a key role throughout the body. It is essential for the proper functioning of the immune system by increasing IL-2 activity and supporting the development of T helper cells. An optimal intake of selenium may prevent inflammatory damage to the lungs by the influenza virus. Selenium also has an antioxidant effect at the intracellular level, by activating glutathione peroxidase, as well as helps fight against certain cancers, by encouraging cellular apoptosis of neoplastic cells.

Zinc is an important enzymatic cofactor required for the functioning of over 300 different enzymes within the body. In addition, zinc helps in the repair of tissue damage caused by inflammation since it plays a key role in tissue healing. Zinc supplementation helps reduce inflammatory biomarkers associated with a variety of inflammatory pathologies. It also plays an important role in the cellular modulation of neutrophils, NK cells and T lymphocytes. Human studies have shown that zinc decreases suppressor T-cells and increases the ratio of T-helper cells to T-suppressors cells. In addition, zinc possesses antioxidant properties and is an integral cofactor in the activation of antioxidant Superoxide Dismutase (SOD).

Oxidative stress (more free radicals than antioxidants) is one of the leading causes of inflammatory disease. ViaZen Immunity counteracts the harmful effects of free radicals. It promotes an optimal immune response to help prevent and counter many inflammatory and infectious conditions and associated effects on the body's tissues.

Warnings

Consult a health care practitioner prior to use if you are pregnant, breastfeeding or have an autoimmune disorder, liver disorder, or iron deficiency.

Stop using and consult a health care practitioner if you develop symptoms of liver trouble such as yellowing of the skin and/or eyes (Jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite.

Consult a health care practitioner prior to use if you are taking blood thinners, or if you have a history of non-melanoma skin cancer.

Known adverse reactions

Stop use if hypersensitivity/allergy occurs.

Rare and unpredictable cases of liver injury associated with green tea extract-containing products have been reported.

Zinc supplementation can cause copper deficiency. If you are unsure whether you are taking enough copper, consult a health care practitioner prior to use.

References

Kincses. *et al.*, 2017, Antioxidant and antimicrobial activity of herbal teas. Review on Agriculture and rural Development, Vol. 6(1-2), Pages 92-96. Blumenthal M, Goldberg A, Brinckmann J (Ed). Expanded Commission E Monographs, American Botanical Council, publié en collaboration avec Integrative Medicine Communications, États-Unis, 2000. Liu C., Tseng A., Yang S., Chinese Herbal Medicine, Boca Raton (FL): CRC Press; 2005. Lui ZV, and Lin ZB, antagonistic effect of Ganoderma polysaccharides peptides of inhibition of immune response caused by repetitive in vivo treatments of morphine. In: Proceedings of the international symposium on Ganoderma research; 1994(b) Oct. 24-24; Beijing, Beijing Med Univ; 1994 p. 82-84. Gao Y., Zhou S. The immunomodulating effects of Ganoderma lucidum International Journal of Medicinal Mushroom, 2002;2(4): 1-11. Peirce A. Practical Guide to Natural Medicines. New York N.Y. The Stonesong Press, Inc, 1999. Organisation mondiale de la santé. Gagnon R. La Nutrithérapie. Collection Douce Alternative, Amyris, 2008. Monographies DPSNSO Santé Canada: Suppléments Multivitamines/Minéraux, 25 septembre 2018 / Thé vert, 28 août 2018 / Antioxydants, 01 août 2017 / Astragale 25 février 2019 / Bleuets 3 juin 2019 / Reishi 25 février 2019. Denzler K, *et al.* Characterization of the Physiological Response following In Vivo Administration of Astragalus membranaceus, Evid Based Complement Alternat Med, 2016, 2016:6861078. Lai PK, *et al.* Anti-inflammatory activities of an active fraction isolated from the root of Astragalus membranaceus in RAW 264.7 macrophages, Phytother Res, 2014 Mar, 28(3):395-404. Li J, Han L, Ma YF et Huang YF. Inhibiting effects of three components of Astragalus membranaceus on oxidative stress in Chang Liver cells, Zhongguo Zhong Yao Za Zhi, 2015 Jan, 40(2):318-23. www.nutraneeds.org. www.passeportsante.net - Thé vert / Reishi / Astragale / Bleuets / Zinc / Sélénium. Tang W, Gao Y, *et al.* A randomized, double-blind and placebo-controlled study of a Ganoderma lucidum polysaccharide extract in neurasthenia. J Med Food. 2005 Spring;(1):53-8. Sanodiya BS, *et al.* Ganoderma lucidum: a potent pharmacological macrofungus. Current Pharmaceutical Biotechnology. 2009. Bingji Ma, *et al.* Triterpenoids from the spores of Ganoderma lucidum. North American Journal of Medical Sciences. 2011. Bhardwaj N, Katyal P, Sharma AK. Suppression of inflammatory and allergic responses by pharmacologically potent fungus Ganoderma lucidum. Recent Patents on Inflammation and Allergy Drug Discovery. 2014. Jin X, Ruiz Beguerie J, Sze DM, Chan GC. Ganoderma lucidum (Reishi mushroom) for cancer treatment. The Cochrane Database of Systematic Reviews. 2016. www.naturalmedicines.therapeuticresearch.com – Monographs: Green Tea / Reishi / Astragalus / Blueberry / Zinc / Selenium