Immune Maintenance

Foundational immune support formula featuring synergistic nutrients and botanicals that promote healthy immune function

**PATIENT BENEFITS**
- Provides comprehensive immune defense
- Enhances overall immune health
- Supports innate and adaptive immune response

Patient One Immune Maintenance is a comprehensive formula that nutritionally supports immune health by strengthening the body's natural defenses. It provides a complementary combination of vitamins, trace minerals and proven botanicals that provide a foundation for overall wellness and enhanced immune system function.

Immune Maintenance supplies Vitamin C, Vitamin D3, Zinc (as TRAACS® glycinate chelate) and Citrus Bioflavonoids, along with Arabinogalactan and Reishi mushroom. Astragalus is included for additional immune support and its adaptogenic actions in helping to protect against the effects of occasional stress.

Immune Maintenance may be used year-round or at times when the immune system is challenged by environmental stressors.

**KEY INGREDIENTS**

**Immunne Supportive Vitamins and Minerals**
Nutrients including vitamin C, vitamin D and zinc work synergistically to support healthy immune cell production and activity.

Vitamin C has been widely studied and is commonly known for its role in moderating the severity or duration of acute immune challenges. It appears to heighten the immune response to infections, impacting T-cell proliferation. This nutrient also plays a role in the deactivation of histamine.

Vitamin D can modulate the innate and adaptive immune responses. Deficiency in vitamin D is associated with increased autoimmunity as well as an increased susceptibility to infection. Vitamin D stimulates the production of cathelicidin, a protein with natural antibiotic properties.

The essential trace mineral zinc is involved in nearly every aspect of the immune system's function. The body requires zinc to develop and activate T-lymphocytes. Even mild to moderate degrees of zinc deficiency can impair macrophage and neutrophil functions and natural killer cell activity. Researchers have hypothesized that zinc could reduce the severity and duration of cold symptoms by directly inhibiting rhinovirus binding and replication in the nasal mucosa and suppressing inflammation. Low zinc status has been associated with increased susceptibility to pneumonia and other infections in children in developing countries and the elderly. Zinc in Immune Maintenance is supplied as TRAACS®, a patented mineral amino acid chelate shown to have superior absorption.

**Citrus Bioflavonoids**
Our formula includes citrus bioflavonoids, phytonutrients found in plants such as vitamin C-rich citrus fruit that are vital for proper absorption of vitamin C. Studies have shown their ability to enhance and prolong the action of vitamin C. Like vitamin C, bioflavonoids also support healthy histamine release.

**Astragalus**
A well-known Chinese herb, Astragalus stimulates white blood cells to both prevent and fight infections. Classified as an adaptogen, this botanical helps protect the body against various stresses, including physical, mental, or emotional stress. Astragalus has antibacterial and anti-inflammatory properties. Studies have shown that astragalus has antiviral properties and stimulates the immune system, suggesting that it may help protect against colds.

**Arabinogalactan and Reishi Mushroom**
Beta glucans are polysaccharide compounds that play an instrumental role in nutritionally supporting the immune system. Beta glucans support the macrophages and the immune cascade, an innate physiological immune response.
In this formula, polysaccharides from arabinogalactan and reishi mushroom provide complementary support for immune cell function and healthy immune mediator activity.

Arabinogalactan, a fermentable fiber found in high concentrations in North American larch trees, has demonstrated the ability to activate immune cells involved with the body’s first line of defense. It promotes cytokine production, the communication and signaling compounds of immune cells. It has also demonstrated the ability to promote the growth of beneficial bacteria. The vitamin C in Immune Maintenance may enhance arabinogalactan activity.

Mushrooms and humans share common microbial antagonists, including *Escherischia coli*, *Staphylococcus aureus*, and *Pseudomonas aeruginosa*, against which the fungi have developed potent chemical defenses. Reishi (*Ganoderma lucidum*) is a valuable medicinal mushroom for immune system enhancement. Reishi’s Beta-D-glucan assists macrophage maturation. Reishi also has a triterpene compound that is believed to be a generalized immunomodulator and anti-allergen. Reishi activates macrophages and T-lymphocytes, enhancing cytokine levels.

**RESEARCH**

A double-blind, randomized, placebo-controlled clinical trial with 48 men and women was conducted to investigate the efficacy and safety of Astragalus membranaceus in the treatment of patients with seasonal allergic rhinitis. The study revealed a significant number of positive signals indicating the therapeutic effectiveness.

In vitro and in vivo studies suggest some immune stimulating effects of astragalus. It has shown in vitro antibacterial activity against *Shigella dysenteriae*, *Streptococcus hemolytic*, *Diplococcus pneumonia*, and *Staphylococcus aureus*.

**REFERENCES**


**Supplement Facts**

**Serving Size:** 2 Capsules  
**Servings Per Container:** 30

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>150 mg</td>
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<tr>
<td>Vitamin D3 (as cholecalciferol)</td>
<td>400 IU</td>
</tr>
<tr>
<td>Zinc (as TRAACS® zinc bisglycinate chelate)</td>
<td>10 mg</td>
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<tr>
<td>Citrus Bioflavonoid Complex (from 50% total bioflavonoids)</td>
<td>75 mg</td>
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<tr>
<td>FiberAid® Larch Tree Arabinogalactan (Larix laricina)</td>
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<tr>
<td>Astragalus Root Extract (Astragalus membranaceus L.) [Standardized for 70% Polysaccharides]</td>
<td>150 mg</td>
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<tr>
<td>Reishi Mushroom fruiting body (Ganoderma lucidum)</td>
<td>300 mg</td>
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† Daily Value not established.  
** Daily Values are based on a 2,000 calorie per day diet.

**Other Ingredients:** rice flour, vegetable cellulose (capsule), calcium palmitate

**Free of:** milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, and gluten. Contains NO artificial sweeteners, flavors, colors or preservatives. This product is free of ingredients derived from genetically modified organisms (GMOs).

**Suggested Use:** Take 2 capsules daily as a dietary supplement, preferably with meals, or as directed by a qualified healthcare professional.

**Caution:** If you are pregnant, nursing, or taking any medications, consult your doctor before use. Discontinue use and consult doctor if any adverse reactions occur. If you have an autoimmune disease, such as rheumatoid arthritis or lupus, or take cyclophosphamide, a medication used to reduce the chances of rejection in transplant recipients, or corticosteroids, do not take this product as astragalus may interfere with drugs that suppress the immune system.

**TRAACS®**  
**FiberAid®**

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The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.