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 Breathing-Free®, Wellness C-1000®, Wellness Transfer Factor®, Wellness Cold & Flu®, Wellness Colloidal Silver®, Wellness Cough Syrup®, Wellness EarAide®, Wellness Elderberry®, Wellness Flu®, Wellness GoldCall®, Wellness Herbal Kids®, Wellness Herbal Resistance®, Wellness Herbal Throat Spray®, Wellness ImmunoNow®, Wellness Multiple®, Wellness Oil of Oregano®, Wellness Olive Leaf Extract®, Wellness Vitamin D-3®, and Wellness ZinC®.

References

Summary of the botanical and herbal research that is presented in this brochure. The products are available at your local health food store, or online at www.sourcenaturals.com.

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

**Immune System**
- Astragalus, Goldenseal, Isatis, Propolis, Selenium, Zinc, Vitamin A & C, Beta Carotene

**Respiratory System: Clearing Mucus Membranes**
- Astragalus, Echinacea, Garlic, Goldenseal, Isatis, Mullein, Paul of Air, Propolis, Copper, Zinc, Vitamin A & C

**Stress Response Mechanisms**
- Angelica, Cayenne, Goldenseal, Horseradish, Mullein, Polygalacturonic

**Antioxidant Defense**
- Astragalus, Butcherbroom, Flax, Echinacea, Goldenseal, Zinc, Vitamin A & C, Beta Carotene

The herb astragalus also supports the stress response.*

**Antioxidant Defense**
While carrying out their immune func-
tions, white blood cells generate free rad-
icals, highly reactive molecules that can
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**Strategies for Wellness**

**Immune-Support Plan**
Simple nutritional choices and lifestyle pat-
terns are important to your strategy for win-
ter 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. Attend-
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- **Eat Your Veggies—Skip the Sugar**
  Studies show that regular meals and con-
sisting of simple carbohydrates and sweets
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  eat your greens—and go easy on holiday
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- **Early to Bed, Early to Rise**
  Sleep does more than make you feel rest-
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demonstrated suppression of immunolog-
ic 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
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- **Stress, Conflict and Emotional Support**
  Stressful situations drain our energy and
  emotions. Science now shows that our im-
mune systems and our physical health are
  also affected. A supportive approach to re-
solving conflicts or a strong social/emotional
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- **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
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**A Bio-Aligned Formula®**
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**Imune System**
A healthy immune system is important to
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system includes barriers that keep foreign
materials from entering your body, such as
the skin, mucous and the cough reflex. If
these barriers fail, protection is provided
by internal components.*

- Immune system components supported by Wellness Formulas 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.*

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www.sourcenaturals.com

Awards.1 Wellness received these honors due to its strong reputation for immune support and customer satisfaction.

Thirty years ago, Wellness Formula established the indus-
ty’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 SystemCare® metabolic systems that are critical for winter wellness, such as Immunity and Antioxidant Defense.*


**The wellness Formula® has been voted Amer-
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**Wellness Formula® Immune Support You Can Trust**

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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, mucous 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, mucus 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, horseradish, 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 body’s overall response to stress. Eleutherococcus is an adaptogen whose key constituents, saponin glycosides, support the body’s stress response.

Strategies for Wellness Immune-Support Plan
Simple nutrition, lifestyle patterns are important to your strategy for winter wellness.

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 carotene, copper, selenium, and pau d’arco.

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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, mucous and the cough reflex. If these barriers fail, protection is provided by internal components.*

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Strategies for Wellness™
Immun-Support Plan
Simple nutritional choices and lifestyle patterns are important to your strategy for win-

Treats!

Lifestyle—Stress, Conflict and Emotional Support
Emotions. Science now shows that our immune system 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.

Exercis e 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 missed days as inactive subjects.

References
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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Educational session on handwashing for staff
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Sleep does more than make you feel rest-
ed. Two studies with healthy volunteers demonstrated suppression of immune 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
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Immune System

- Astragalus, Echinacea, Garlic, Goldenseal, Isatis, Mullein, Panax of Asia, Propolis, Copper, Zinc, Vitamins A & C, Beta Carotene

Respiratory System—Coughing Mucus Membranes

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Stress Response Mechanisms

- Angelica, Cayenne, Goldenseal, Horseradish, Mullein, Polypinat

Antioxidant Defense

- Astragalus, Burdock Root, Panax of Asia, Goldenseal, Zinc, Vitamin A & C, Beta Carotene

Wellness is a Bio-Aligned Formula®

Multiple System Support for Immune Health

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.

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Astragalus, Echinacea, Garlic, Goldenseal, Isatis, Mullein, Panax of Asia, Propolis, Copper, Zinc, Vitamins A & C

References
New York: John Wiley & Sons, Inc.

Astragalus, Bioflavonoids, Pau d’ Arco, Selenium, Zinc, Vitamins A & C, Beta Carotene

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Immune Support You Can Trust

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