

免疫營養大不同

免疫系統保護我們免受病原體入侵及疾病的侵害。

適當攝取免疫營養有助增強免疫系統，提高抵抗力，並降低感染和疾病的風險。

免疫營養素 有效濃度(每日)

作用原理

EpiCor®

EPICOR®

500毫克¹

- 源自於麥芽酵母的發酵過程，亦稱**後生元**
- 含有一系列有益的代謝產物和眾多其他增強健康的生物活性化合物
- 有助於**支持免疫健康並對腸道微生物**產生調節作用¹

紫錐花



900毫克²

- 紫錐花是菊科開花植物的名稱
- 含有多種**高抗氧化力**活性化合物，如咖啡酸、烯酰胺等
- 許多研究指出，它可有助**增強免疫系統對抗感染和病毒**進而幫助身體更快地康復³

維他命C



1000毫克

- 可能有助**預防感染**⁴
- 可**減輕感冒症狀的持續時間或嚴重程度**⁵
- 一項對31個研究的綜述發現，每天攝取1-2克維他命C可以將兒童感冒的持續時間減少18%，成人則減少8%

維他命D



25-100微克

- 具有免疫調節的特性
- **增強免疫細胞的功能**，包括T細胞和巨噬細胞，這些細胞可以保護身體免受病原體的侵害⁶
- 可減少感染、疾病和免疫相關疾病的機會⁷

鋅



8-11毫克

- **有助免疫細胞的生長和運作**
- 輕度或中度的缺乏也可能減緩淋巴細胞、中性粒細胞和巨噬細胞的活動，這些細胞保護身體免受病毒和細菌的侵害

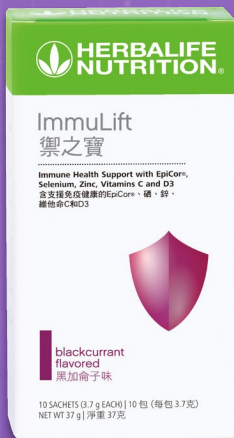
集合各種免疫營養的康寶萊產品

禦之寶

主要成分：
EpiCor®、維他命C、
維他命D3、硒、鋅

功能：

- 支援我們身體的第一道免疫防線，特別是在鼻子、嘴巴和喉嚨
- 支援並加強體內的免疫防禦



鋅維思

主要成分：
維他命C、鋅、紫錐花

功能：

- 提供抗氧化保護
- 支援免疫系統



資料來源：

- 1: <https://www.cargill.com/supplements/epicor-fqs>
- 2: Shah, S. A., et al. (2007). Evaluation of echinacea for the prevention and treatment of the common cold: a meta-analysis. *The Lancet. Infectious diseases*, 7(7), 473-480.
- 3: Melchart, D., et al. (1994). Immunomodulation with echinacea - a systematic review of controlled clinical trials. *Phytomedicine: international journal of phytotherapy and phytopharmacology*, 1(3), 245-254; Kim, H. R, et al. (2014). Immune enhancing effects of Echinacea purpurea root extract by reducing regulatory T cell number and function. *Natural product communications*, 9(4), 511-514; Zhai, Z., et al. (2007). Enhancement of innate and adaptive immune functions by multiple Echinacea species. *Journal of medicinal food*, 10(3), 423-434. 4: Syal, K., et al. (2018). Vitamin C: A Natural Inhibitor of Cell Wall Functions and Stress Response in Mycobacteria. *Advances in experimental medicine and biology*, 1112, 321-332. 5: Hemilä, H., & Chalker, E. (2013). Vitamin C for preventing and treating the common cold. *The Cochrane database of systematic reviews*, 2013(1), CD000980. 6: Di Rosa, M., Malaguarnera, M., Nicoletti, F., & Malaguarnera, L. (2011). Vitamin D3: a helpful immuno-modulator. *Immunology*, 134(2), 123-139. 7: Aranow C. (2011). Vitamin D and the immune system. *Journal of investigative medicine: the official publication of the American Federation for Clinical Research*, 59(6), 881-886. <https://doi.org/10.2310/JIM.0b013e31821b87551>

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Different immune nutrients

The immune system protects us from pathogens and diseases. Proper intake of immune nutrients can strengthen the immune system, improve immunity and reduce the risk of infection and disease.

Immune nutrients	Effective dosage(Daily)	Mechanism
 	500mg ¹	<ul style="list-style-type: none"> Derived from the fermentation of <i>Saccharomyces cerevisiae</i> (baker's yeast), aka postbiotics Contains a beneficial mix of metabolites and numerous other health-enhancing bioactive compounds. Helps support immune health and modulates gut microbes¹
	900mg ²	<ul style="list-style-type: none"> Echinacea is a group of flowering plants that belong to the daisy family Contains an impressive variety of antioxidative active compounds, such as caffeic acid, Numerous studies have found that this plant may help your immune system combat infections and viruses, which could help you recover faster from illness³
	1000mg	<ul style="list-style-type: none"> May help prevent infection⁴ May reduce the duration or severity of cold symptoms⁵ A review of 31 studies found that consuming 1–2 grams of vitamin C daily reduced cold duration by 18% in children and 8% in adults
	25–100mcg	<ul style="list-style-type: none"> Has immunomodulatory properties Enhances the function of immune cells, including T cells and macrophages, which protect the body from pathogens⁶ Reduces the chance of infection, illness, and immune-related diseases⁷
	8-11mg	<ul style="list-style-type: none"> Helps in the growth and functioning of immune cells Mild or moderate deficiency may also slow down the activity of lymphocytes, neutrophils, and macrophages, which protect body from viruses and bacteria

Herbalife products that combine a variety of immune nutrients

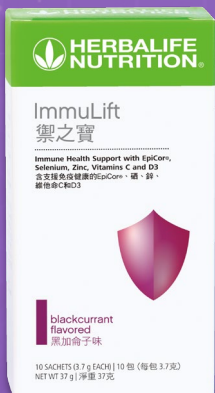
ImmuLift

Main ingredients::

EpiCor®, Vitamin C, Vitamin D3, selenium, zinc

Function:

- Supports our body's first line of immune defense, especially in the nose, mouth, and throat
- Supports and strengthens immune defenses in the body



Best Defense

Main ingredients::

Vitamin C, zinc, Echinacea

Function:

- Provides antioxidant protection
- Supports the immune system



Sources:

1. <https://www.cargill.com/supplements/epicor-fags>

2. Shah, S. A., et al. (2007). Evaluation of echinacea for the prevention and treatment of the common cold: a meta-analysis. *The Lancet. Infectious diseases*, 7(7), 473–480.

3. Melchart, D., et al. (1994). Immunomodulation with echinacea - a systematic review of controlled clinical trials. *Phytotherapy - international journal of phytotherapy and phytopharmacology*, 1(3), 245–254; Kim, H. R et al. (2014). Immune enhancing effects of Echinacea purpurea root extract by reducing regulatory T cell number and function. *Natural product communications*, 9(4), 511–514.; Zhai, Z., et al. (2007). Enhancement of innate and adaptive immune functions by multiple Echinacea species. *Journal of medicinal food*, 10(3), 423–434. 4. Sjal, K., et al. (2019). Vitamin C: A Natural Inhibitor of Cell Wall Functions and Stress Response in Mycobacteria. *Advances in experimental medicine and biology*, 1112, 321–332. 5. Hemila, H., & Chalker, E. (2013). Vitamin C for preventing and treating the common cold. *The Cochrane database of systematic reviews*, 2013(1), CD000980. 6. Di Rosa, M., Malaguarrera, M., Nicoletti, F., & Malaguarrera, L. (2011). Vitamin D3: a helpful immuno-modulator. *Immunology*, 134(2), 123–139. 7. Aranow C. (2011). Vitamin D and the immune system. *Journal of investigative medicine: the official publication of the American Federation for Clinical Research*, 59(6), 881–886. <https://doi.org/10.2310/JIM.0b013e31821b87551>