EXTRA C IMMUNE COMPLEX

- Guard against illness by supporting the immune system
- Combines vitamin C with zinc, echinacea & vitamin D for specialised immune system support
- Daily immune system support

FORMULATION DETAILS :

EACH TABLET CONTAINS:

Ascorbic acid (Vitamin C)	500mg
Zinc amino acid chelate	25mg
Equiv. zinc	5mg
Colecalciferol	7.5 micrograms
Equiv. Vitamin D3	300IU
Echinacea purpurea	
dry root and rhizome extract	125mg
from dry root and rhizome (Echinacea)	750mg

Guard against illness

Supports healthy immune function

Contains echinacea to assist immune function

Clinically proven ingredients to support optimal immune function

Convenient daily tablet

CLINICAL FOCUS:

- Supports healthy immune system function to reduce susceptibility to sickness.
- A healthy immune system helps fight against illness and build immune resilience.

KEY FORMULA FEATURES:

- Contains echinacea, zinc and vitamin C to support a healthy immune system to build resilience against illness.
- Vitamin D has been shown to increase immune system function.

KEY ACTIONS:

- Immune support to reduce susceptibility to sickness
- Contains echinacea and vitamin D to support optimal immune function.

PROFESSIONAL PRESCRIBING GUIDELINES:

Directions for use (Adults): Take 1 tablet twice daily or as directed by a healthcare professional.

Not all cautions, contraindications and warnings are listed. For full details and references, contact Clinical Support 1800 777 648.

Warnings: Contains zinc, which may be dangerous if taken in large amounts or for a long period. Vitamin and mineral supplements should not replace a balanced diet.[1]

Cautions: Avoid in known allergy to Asteraceae/Compositae plant family. Members of this family include: ragweed, chamomile, chrysanthemums, marigolds and daisies.

Contraindications:

Immunosuppressant medication: Avoid concomitant use, especially immediately before, during and after organ transplantation.[1]

Calcipotriene: Combining calcipotriene with vitamin D supplements might increase the risk of hypercalcemia. Avoid concurrent use.[2]

Calcitriol: Calcitriol may have an additive effect and increase risk of vitamin D toxicity and hypercalcemia. Avoid concurrent use.[2]

Pregnancy and breastfeeding: An evidence review has not identified any cause for concern for use during pregnancy. Use as directed by your healthcare professional.

Breastfeeding: Appropriate for use at recommended dose.[1]

No added: artificial flavouring, colouring or preservatives.

Free from: gluten, wheat, dairy, lactose, eggs, nuts and yeast.

HCP COUNSELLING QUESTIONS

Can I take Ethical Nutrients Extra C Immune Complex long term?
Yes, Ethical Nutrients Extra C Immune Complex is suitable to be taken daily to support healthy immune function and guard against illness.

Do I need to take Ethical Nutrients Extra C Immune Complex with food?
This product can be taken with or without food.

Can I take Ethical Nutrients Extra C Immune Complex if I am vegan or vegetarian?
Unfortunately, this product contains animal-based products, therefore it is not suitable for vegetarians or vegans.

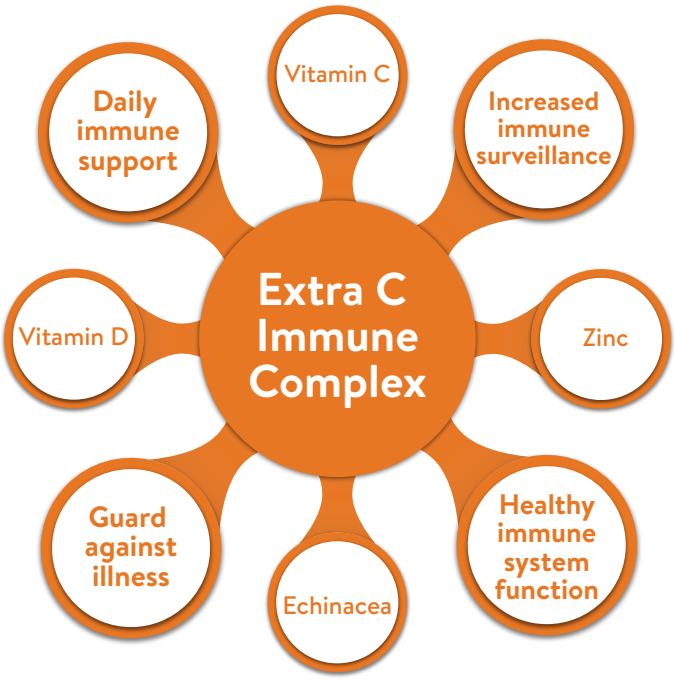
How should I take Ethical Nutrients Extra C Immune Complex?
You can either take two tablets at once or divide the them into 2 doses during the day.

CLINICAL FEATURES:

SUPPORTING HEALTHY IMMUNITY TO PROTECT AGAINST ILLNESS

The immune system is a network of cells, tissues and chemicals that are responsible for protecting the body against illness.[2] Healthy immune system function is vital to protect against infection from common pathogens including viruses and bacteria and for ongoing health and wellbeing. This involves ensuring the innate immune system, that responds to the initial attack by pathogens, is primed to protect the body.[3] Key vitamins and minerals play an important role in supporting the healthy development and function of the immune system and specific herbal extracts have also been shown to benefit this process, see table 1.[4]

Supporting immune system function to protect against illness.



ECHINACEA SUPPORTS THE IMMUNE SYSTEM TO REDUCE THE INCIDENCE OF UPPER RESPIRATORY TRACT INFECTIONS

Echinacea has a long history of use for enhancing the immune system and for use prophylactically in susceptible population groups.[1] Immune modulation occurs as a result of upregulation of the initial response to infection and increased surveillance by immune cells such as natural killer (NK) cells and neutrophils. *Echinacea purpurea* has also been shown to demonstrate antiviral properties, making it beneficial for supporting healthy immune system function and guarding against illness. A randomized, double-blind, placebo controlled trial of supplementation with *Echinacea purpurea* in 755 healthy people, found that treatment over a period of 4 months was associated with less bouts of illness.[4]

A further trial of 175 participants who took frequent long haul flights found that those who received echinacea (root extract) for a period of 14 days prior to their first flight and for 14 days following their last flight (minimum of 5 weeks' travel) reported fewer respiratory symptoms.[5]

VITAMIN C, ZINC AND VITAMIN D ARE ESSENTIAL FOR THE DEVELOPMENT AND FUNCTION OF A HEALTHY IMMUNE SYSTEM

Vitamin C has been shown to support healthy immune system function to reduce susceptibility to illness. A large double-blind trial involving 2349 volunteers to assess the efficacy of using variable therapeutic doses of vitamin C, confirmed that regular supplementation was associated with a reduction in the frequency of sickness.[6] This activity is due to an increase in immune cells such as neutrophils and NK cells triggered during the initial response to infection.[1] Vitamin C is also an antioxidant and therefore part of its therapeutic effect is due to its ability to mop up oxidative damage produced during infections by the release of histamine.[7]

Zinc is also required for the development, function and mediation of immune cells that are involved in the initial immune response to illness, and it is important for maintaining healthy immunity.[8] A study of US Air Force cadets reported those supplemented with zinc over the winter months had a lower incidence of upper respiratory tract infections.[9] Zinc deficiency is common among the Australian population, with 1 in 3 men and 1 in 10 women having inadequate dietary zinc intake thus increasing the risk of immune dysfunction and susceptibility to acute infections.[10]

A systematic review and meta-analysis of studies on the use of vitamin D for prevention of respiratory tract infections has confirmed its benefit through the upregulation of immune cells including macrophages and lymphocytes.[11] This action results in an increase in immune surveillance as well as attacks on pathogenic invaders.[12]

Table 1: Key ingredients support a healthy immune system

Ingredient	Function	Benefits
Vitamin C	Support the function of the innate immune response through enhanced neutrophil and NK cells.[1] Stabilise mast cells and reduce effects of histamine.[4]	Healthy immune system function helps to fight against illness and build resilience.[7]
Vitamin D	Upregulates immune cells including macrophages and lymphocytes.[12]	Increased immune surveillance.[12]
Zinc	Enhanced innate immune system response from neutrophils and NK cells.[11]	Essential for the development and function of the immune system.[10]
Echinacea	Increased immune surveillance and upregulation of NK cells and neutrophils.[6]	Supports optimal immune function to protect against illness.[1]

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