

Questions to Consider

1. Are you feeling “run down”?
2. Are you looking to promote and maintain a strong immune system?
3. Do you want to learn more about how you can help support the immune health of you and your family?

If you answered “yes” to any of these questions, **speak with your health-care provider** about which Designs for Health immune support formulas may be right for you.*

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

Why Choose Designs for Health?

For more than 30 years, Designs for Health (DFH) has been at the forefront of the natural and integrative medicine movement inspired by the vision of designing a well world™ for all.

With more than 320 research-based and quality-tested formulas, we continue to pioneer new approaches to nutritional science through a robust innovation pipeline, paired with uncompromising practitioner support and commitment to our Science-First™ philosophy. Steadfast in our focus on superior quality, we remain committed to utilizing the highest manufacturing standards from sourcing raw materials to final formulations with third-party testing and compliance to GMP — and NSF — certification guidelines.

Research guides us. Wellness inspires us.



designing a well world™

designsforhealth.com



Are You Supporting Your Immune Health?



Optimizing Your Immune Defenses

The immune system is a complex integrated system of cells, tissues, and organs that have specialized roles in protecting the body against pathogens. There are numerous factors contributing to immune health that play a role in maintaining healthy immune system function. Continuous stress, environmental toxins, poor eating habits, inadequate sleep, deficiency in immune-supportive nutrients, and a sedentary lifestyle can weaken the immune system.

Our immune systems require a variety of nutrients to function optimally, which can be further supported by targeted, immune-supportive herbs and botanicals.

Incorporating these nutrients and other helpful immune-supportive substances through diet and supplementation can help you optimize your body's response to daily immune challenges.*

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Our bodies require a continuous supply of vitamins, minerals, and antioxidants to maintain a robust immune system.

- Antioxidants such as **vitamin C** and **plant compounds** like quercetin help protect cells.*
- **Vitamins C** and **D** and the mineral, **zinc**, are all essential for building and supporting a healthy immune system and function.*
- The active compounds found in a variety of botanicals such as **echinacea**, **astragalus**, **ginger root**, and **medicinal mushrooms** help maintain a healthy immune system and response.*

Taking dietary supplements helps to support your immune health and shield it from the constant stressors of a fast-paced lifestyle.*

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Considerations to Promote Your Immune Health

These featured Designs for Health supplements are specially formulated with supportive nutrients, vitamins, and botanicals for your immune health.*



Vitamin D Supreme

Synergistic blend of vitamins D, K1, and K2 in targeted amounts to support immune balance*



Immunitone Plus™

Comprehensive blend of botanicals and medicinal mushrooms that help stimulate the immune system and promote a healthy inflammatory response*



Zinc Supreme™

Highly bioavailable zinc formula enhanced with supporting co-nutrients for optimal absorption*



Liposomal Vitamin C

1,000 mg of vitamin C in liposomal form, providing a well-tolerated, easily absorbed, and highly bioavailable form of this essential vitamin*



BioFizz® Immune

A delicious orange-flavored powder formulated with beneficial amounts of vitamin C, vitamin D, zinc, antioxidants quercetin, resveratrol, and geranylgeraniol*



Immuno-Zn™ Lozenge

A combination of zinc and elderberry delivered in a fast-melting lozenge with a delicious mixed berry flavor to support overall immune health*

Ask your health-care practitioner about these and other research-backed formulas in the Designs for Health Immune range of products that are ideal for supporting your immune system.*

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