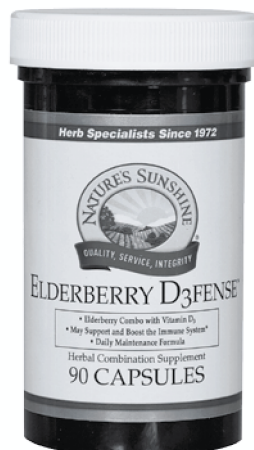


# ELDERBERRY D<sub>3</sub>FENSE

## With Added Protection from D<sub>3</sub>

*More and more research shows that in addition to supporting bone health, vitamin D is critical to the immune system. It's one of the reasons why the cloudy winter months—when people receive little sun exposure—are the hardest on the immune system.*

*ELDERBERRY D<sub>3</sub>FENSE combines the benefits of elderberry fruit and vitamin D<sub>3</sub> with other herbs that help the immune system to provide you year-round immune system support.*



### **BENEFITS**

- Supports the immune system.
- Contains naturally derived vitamin D<sub>3</sub>.

### **HOW IT WORKS**

ELDERBERRY D<sub>3</sub>FENSE is a unique blend specifically formulated to support the immune system. It contains a healthy dose of vitamin D<sub>3</sub>, which mounting research indicates strengthens the immune system, along with key ingredients elderberry fruit extract and *Echinacea purpurea*. ELDERBERRY D<sub>3</sub>FENSE also contains willow bark extract, which contains salicin; olive leaf extract, which features oleuropein, the substance in olive wood that helps protect the tree; and royal jelly, a nutrient-dense substance secreted by the honey bee and containing fats, carbohydrates, amino acids and vitamins.

### **SCIENTIFIC SUPPORT**

Studies show that in addition to supporting bone health, vitamin D is critical to the immune system. Vitamin D shortage is now being recognized as

widespread in the United States, prompting health officials to plan an increase to the Recommended Daily Intakes for children and adults. Scientific evidence suggests that vitamin D offers a variety of benefits to the immune system, including enhancing innate immunity. In fact, vitamin D receptors are present on activated T- and B-lymphocytes, monocytes and macrophages—all important components of the immune system.

Elderberry fruit contains flavonoids that act as antioxidants and help support the immune system. Elderberry has been widely studied and found to boost the immune system. A randomized double-blind, placebo-controlled study conducted found that people who received elderberry extract in winter had significantly stronger immune system response compared to the placebo group. (*Phytochemistry*. 2009 Jul; 70 (10): 1255–61)

### **INGREDIENTS**

ELDERBERRY D<sub>3</sub>FENSE contains vitamin D<sub>3</sub>, elderberry fruit extract, *Echinacea purpurea*, willow bark extract, olive leaf extract and royal jelly.

### **RECOMMENDED USE**

Take 1 capsule with a meal three times daily.

### **COMPLEMENTARY PRODUCTS**

- **Nutritional:** Solstic Immune, Immune Stimulator, VS-C®.
- **Homeopathic:** Zinc Cold & Flu, Cold, Influenza.
- **Essential Oils:** Guardian, Thyme Linalol BIO.

*ELDERBERRY D<sub>3</sub>FENSE (90 capsules)*  
*Stock No. 897-2*



Contact your local NSP Herb Specialist: