

Clinical References for ImmuGuard

Every day, our bodies are being bombarded with a host of pathogens, virus and bacteria, that are capable of making us sick. The reason why we are not constantly down and out with some cold, flu or other more horrendous condition, is that our bodies have a unique and wonderful ability to protect us from the majority of these 'bad bugs'. In fact when we do get sick, it is not the fault of the 'bugs' but rather the fact that our immune system has failed to respond quick enough to ward off the invading pathogen. Supporting the immune system with proper nutrition can be very helpful in ensuring that it is ready and able to do its job whenever needed. The following quotes are from some of the many studies used in our research:

“Transfer factor in Beta Glucan has been successfully used in several low immune response infections including labial and genital herpes. The rate of relapse after treatment was reduced from 20.1 to 0.51 or less than one percent.” *Biotherapy. 1994: 8*

“Illness lasting for 2 years in a 4 year old boy was found to have been a combined Epstein-Barr and cytomegalovirus combination. After treatment with oral Beta Glucan, clinical symptoms disappeared and specific immunity to CMV developed.” *Lancet 1981:2*

“In analyzing the effectiveness of oral bovine colostrums and their effect on human immunity, volunteers who received the colostrums in supplement form experienced no infectious outbreaks during the testing period as compared with over 45% infectious rate for the placebo group.” *American Journal of Tropical Medicine and Hygiene 1992: 47*

The following are select references from the hundreds used in the formulation of this supplement:

1. Chandra RK. Nutrition and the Immune system: an introduction. *Am J Clin Nutr.* 66: 460S-3S, 1997.
2. Corman, LC. Effects of specific nutrients on the immune response. Selected clinical Applications. *Med Clin North Am* 69(4): 759-791, 1985.
3. Erikson, KL. Dietary fat modulation of immune response. *Int J Immunopharmacol.* 8 (6): 529-543, 1986.
4. Johnston, DV, Marshall, LA. Dietary fat, prostaglandins and the immune response. *Prog Food Nutr Sci* 8(1-2): 3-26, 1984.
5. Barone, J, et al. Dietary fat and natural killer-cell activity. *Am J Clin Nutr.* 50 : 861-867, 1989.
6. Ringsdorf, WM Jr, Cheraskin, E, Ransay RR Jr. Sugrose, neutrophilic phagocytosis and resistance to disease. *Dent Surgery* 52(12): 46-48, 1976.

7. Sanchez, A, et al. Role of sugars in human neutrophilic phagocytosis. *Am J Clin Nutr* 26: 1180-1184, 1973.
8. Melamed, I, et al. Coffee and the immune system. *Int J Immunol* 12: 129-134, 1990.
9. Cohen B, et al. Reversal of postoperative immunosuppression in man by vitamin A. *Surg Gynecol Obstet.* 149: 658-662, 1979.
10. Anderson, R and Theron A, Effects of B-complex vitamins on cellular and humoral immune functions in vitro and in vivo. *Int J Vitam Nutr Res.* 24: 77-84, 1983.
11. Lettko, M, Meuer, S. Vitamin B-induced prevention of stress-related immunosuppression: results of a double-blind clinical study. *Ann NY Acad Sci* 585: 513-515, 1990.
12. Beisel, WR. Single nutrients and immunity. *Am J Clin Nutr* 35: 417-468 (Suppl) 1982.
13. Axelrod, AE and Traketellis, AC. Relationship of pyridoxine to immunological phenomena. *Vitam Horm* 22: 591-607, 1964.
14. Jacob, RA et al. Immunocompetence and oxidant defense during ascorbate depletion of healthy men. *Am J Clin Nutr* 54: 1302S-9S, 1991.
15. Anderson, R. The effects of increasing weekly doses of ascorbate on certain cellular and humoral immune functions in normal volunteers. *Am J Clin Nutr* 33 (1): 71-76, 1980.
16. Nunn, JD, et al. Regulation of human tonsillar T-cell proliferation by the active metabolite of vitamin D3. *Immunology* 59: 479-484, 1986.
17. Meydani, SN, et al. Vitamin E supplementation and in vivo immune response in healthy elderly subjects. *JAMA* 277 (17): 1380-1386, 1997.
18. Chandra, RK, Trace element regulation of immunity and infection. *J Am Coll Nutr* 4 (1): 5-16, 1985.
19. Kelley, DS, et al. Effects of low-copper diets on human immune responses. *Am J Clin Nutr* 62: 412-416, 1995.
20. Aso, H, et al. Induction of interferon and activation of NK cells and macrophages in mice by oral administration of Ge-132, an organic germanium compound. *Microbiol Immunol* 29(1): 65-74, 1985.
21. Santos, PC and Falcado, RP. Decreased lymphocyte subsets and NK- Cell activity in iron-deficiency anemia. *Acta Haematol* 84: 118-121, 1990.
22. Prasad, AS. Zinc: an overview. *Nutrition* 11(1 Suppl): 93-99, 1995.
23. Fraker, PJ et al. Interrelationships between zinc and immune function. *Fed Proc* 45(5): 1474-1479, 1986.
24. Daudu, PA, et al. Effect of a low beta-carotene diet on the immune functions of adult women. *Am J Clin Nutr* 60:969-972, 1994.
25. Santos, MS, et al. Natural Killer Cell activity in elderly men is enhanced by Beta-Carotene supplementation. *Am J Clin Nutr* 64: 772-777, 1996.
26. Folkers, K, et al. The activities of coenzyme Q10 and vitamin B6 for immune response. *Biochem Biophys Res Commun* 193: 88-92,

1993.

27. Reap EA, and Lawson, JW. Stimulation of the immune response by Dimethyl glycine, a nontoxic metabolite. *J Lab Clin Med* 115(4): 481-486, 1990.
28. Graber CD, et al. Immunomodulating properties of Dimethyl glycine in humans. *J Infect Dis* 143(1): 101-105, 1981.
29. Lawton, et al. Interferon Synthesis by human colostral leukocytes. *Archives of Disease in Childhood*. 54: 127-130, 1979.
30. Ebina, et al. Prevention of rotavirus infection by cow colostrum containing antibody against human retro virus. *Lancet* 29 (2): 1029-1030, 1983.
31. Acosta-Altamirano, et al. Anti-amebic properties of human colostrum. *Advances in Experimental Medicine and Biology*, 216 B: 1347-1352, 1987.
31. Buescher, McIlheran, Antioxidant properties of colostrum. *Pediatric Research*, 24 (1)L 14-19, 1988.
32. Tacket, et al. Efficacy of bovine immunoglobulin concentrate in preventing illness. *Am J Trop Med Hyg*. 47 (3): 276-283, 1992.
33. Ushijima, et al. Immunoglobulin components and anti-viral activities in bovine colostrum. *Japanese National Health Institute*, 64(3): 274-279, 1990.
34. Morgan, G. What, if any, is the effect of malnutrition on immunological competence? *Lancet* 349: 1693-1695, 1997.25.
35. Chandra, RK, Effect of vitamin and trace-element supplementation on immune responses and infection in elderly subjects. *Lancet* 340: 1124-1127, 1992.