

The Human Immune System

An Owner's Manual





A solid understanding of the concepts outlined in this booklet will allow you to better care for your own health and that of your family. It's vitally important that you take time to acquaint yourself with your immune system and provide it with the support it needs every day.

The Key to Surviving a Hostile World

If it weren't for your immune system, the world around you would be a far deadlier place. In fact, you simply would not survive the untold number of viruses and bacteria that share your space.

Though your home and the places you visit every day may seem relatively clean to the naked eye, you are constantly surrounded by dangerous, even deadly, microscopic organisms. Germs and pathogens are literally everywhere.

Luckily for you, you come equipped with a miraculously adaptable and sophisticated natural defense system: your immune system.

A healthy immune system guards you from unseen pathogens and helps you enjoy a long, healthy, productive life—allowing you to take in all the incredible experiences that planet earth has to offer. And while your immune system may get the most attention during cold and flu season, it is actively working every second of every day to fend off foreign invaders and an almost unimaginable variety of diseases. In fact, you wouldn't survive more than a few days without it.

Know Your Invaders

Your immune system constantly defends and protects you from outside threats—or pathogens. “Pathogen” is a generic term for any microorganism that can produce illness or disease. Most pathogens have antigens. Antigens are parts of the pathogen that allow the immune system to identify it as foreign. The most common pathogen types include the following:

BACTERIA are microscopic, single-celled organisms that can live almost anywhere. They are responsible for diseases such as pneumonia, staph infections, and strep throat.

VIRUSES are nonliving strands of DNA or RNA that multiply in a living host; examples of diseases caused by viruses include the common cold, chicken pox, influenza, herpes, measles, and COVID-19.

FUNGI are a class of organism that includes yeasts and molds. They are responsible for athlete's foot, jock itch, ringworm, and yeast infections.

PARASITES are multicelled organisms that require a host to survive. They are usually contracted through food (tapeworms), water (giardia), or animals and insects (malaria).

TOXINS are found in the environment or are the harmful chemicals created by living cells such as bacteria. Toxins are responsible for botulism, diphtheria, and tetanus.

Meet Your Immune System

Simply put, your immune system is made up of a combination of many specialized organs, tissues, cells, and molecules that work together to protect you from illness and disease. It is perhaps the most advanced and intricate system in your entire body. To understand it better, we can divide it into two main divisions: the *innate immune system* and the *adaptive (or acquired) immune system*.

The Innate Immune System—Your First Line of Defense

Your innate immune system has two primary functions: to provide an effective barrier between you and the outside world, and—when that doesn't work—to identify and kill invading pathogens.

Keeping the Outside Out

The innate immune system is your immediate frontline defense. The predominant organ in this system is your skin. Your skin's primary immune function is to provide a physical, multilayered barrier

to outside threats. It contains sebaceous glands that help produce an environment unsuitable for the survival of microbes. It can also remove existing bacteria by shedding cells.

Joining your skin in its defensive efforts are your hair and eyelashes as well as sweat and tears. The natural oil that lubricates your hair and eyelashes (sebum) helps prevent microbial growth, while sweat and tears can literally wash away invaders.

Your mouth and nose (which constantly take in air and everything in it from the atmosphere around you) have additional defenses: saliva and cilia. The saliva in your mouth isn't just clear liquid. It contains a host of specific compounds that are both antibacterial and antiviral.

Throughout your respiratory system, including your nose and your lungs, hair-like projections called cilia move in a rhythmic, waving motion, moving microbes up the throat, where they can be either coughed or sneezed out

or else swallowed and passed as waste.

Of course, food and drink go into the body. So even inside the body—and especially in the digestive tract—you will find robust defensive layers, such as acid in the stomach and mucosal barriers (mucus) in the intestines, that line the organs and prevent foreign microbes from getting into your tissues and veins.

Identifying and Attacking Invaders

Even with such an elaborate defense system, there are times when invaders do get through. In these instances, the innate immune system deploys a series of cells to identify and kill the threat. Your primary weapons in this fight are your white blood cells, or leukocytes. While they only account for about 1% of the cells in your blood, their impact is tremendous. They move throughout your body like miniature patrol cars. When they spot invaders, they multiply, signal other defensive cells to do the same, and then attack.



There are five key types of white blood cells, and they all have specific functions:

NEUTROPHILS: The most numerous type of white blood cell. They are critical because they can freely move from your veins into your tissues to immediately attack antigens.

PHAGOCYTES: Surround and absorb pathogens, essentially “eating” them.

LYMPHOCYTES: Create antibodies to fight against bacteria, viruses, and other harmful invaders. They also help the body remember previous invaders so they are easier to fight in the future.

BASOPHILS: Release histamine when your body is exposed to an allergen.

EOSINOPHILS: Attack pathogens like parasites and modulate inflammatory response, but they can also contribute to allergic reactions.

The Adaptive Immune System— Responding to Your Specific Environment

While your innate immune system acts quickly to immediately neutralize threats, your adaptive, or acquired, immune system is designed to ensure long-term health.

Working in concert with your innate immune system, the adaptive immune system develops antibodies that make fighting invaders much easier in the future.

Each pathogen that enters your body has a unique set of proteins on its surface known as an antigen. Your immune system cannot destroy a pathogen until that specific antigen is recognized.

When a pathogen is detected, specialized white blood cells known as B lymphocytes, or B cells, are dispatched. These B cells create antibodies. Antibodies—also known as immunoglobulins—are Y-shaped proteins that lock onto the specific shape of the

antigen. Once the antibody is developed, T lymphocytes, or T cells, can bind to and destroy the pathogen as well as infected cells, but it can take up to several days for an antibody to develop. The longer it takes for the antibodies to develop, the longer you feel sick.

Once an antibody has been developed, your body “remembers” it by holding on to a few specialized T cells, often called memory cells. If the same pathogen ever enters your body again, those T-cells can rapidly make the correct antibody and the pathogen is quickly destroyed—often before symptoms of the infection can even appear.

Your body is capable of recognizing and remembering millions of different antigens and how to eradicate them. That’s why this process is known as the adaptive, or acquired, immune system—it adapts to help you survive your environment and all of the threats you are constantly exposed to. Because it is developed over time by exposure, your adaptive immune system could differ greatly from someone of a different age or living in a different part of the world.

A Full-Body Defense System

Cells for both the innate and adaptive immune systems are created throughout your entire body by various organs and tissues, including the following:

THYMUS: A small organ located in the upper chest, behind the sternum and in front of the heart, that is made up of immature T cells—specialized white blood cells that can identify and attack foreign invaders and compromised cells. By your early teens, the thymus undergoes a process called involution—it is slowly replaced by fat. By age 65, the body's ability to create new T cells is significantly diminished, creating a reliance on T cells generated earlier in life.

LYMPHATIC VESSELS: A series of vessels that complement the cardiovascular system, but instead of carrying blood, they carry a plasma-like fluid (lymph) that contains specialized white blood cells known as lymphocytes.

PEYER'S PATCHES: Small patches of lymphatic tissue found in the small intestine that help prevent the growth of harmful bacteria in the intestines.

BONE MARROW: This semisolid tissue found primarily inside the bones of your pelvis, ribs, sternum, and vertebrae produces the white blood cells crucial to fight invaders. In a healthy adult, bone marrow makes about 500 billion new blood cells per day.

ADENOIDS: This mass of soft tissue behind the nasal cavity traps pathogens inhaled through the nose.

TONSILS: The tonsils are a type of lymph node and work as part of your body's immune system. They act as filters for bacteria and viruses, actually swelling during times of stress to catch environmental challenges when we're sick. As part of their role in your immune system, they also make disease-fighting white blood cells and antibodies.

SPLEEN: A small organ located just to the left of your stomach that produces and stores white blood cells.

LYMPH NODES: Small masses of specialized tissue located along the lymphatic vessels through which lymph passes on its way back to the blood. Lymph nodes filter waste, bacteria, and damaged cells. They are also repositories of immune cells, where they are stored and can reproduce.





Proper Care and Support for Your Immune System

While your immune system works constantly without any conscious effort on your part, that doesn't mean that your daily actions don't have a tremendous impact. The lifestyle choices you make, the food you eat, and even the products you use every day can make a big difference in supporting or impairing a healthy immune system.

1 FOCUS ON MICROBIOME HEALTH

While immune cells are produced throughout your body, your adaptive immune system is developed where it interacts with your microbiome in your small intestine. In the last decade, there have been numerous, amazing discoveries describing how these bacteria help defend against all types of invaders throughout your body.

You have hundreds of different types of bacteria that colonize your intestinal tract. This collection of bacteria is critical to your health because it helps

activate your immune system, which produces white blood cells (including B cells) that in turn produce antibodies. These antibodies can bind to viruses or disease-causing bacteria to stop them from invading and infecting the body's cells.

So how does that work? The microbiome is constantly changing with an influx of different bacteria, fungi, and viruses. Each one challenges your immune system and prepares it for when a major confrontation arises. Think of it like practicing for a big athletic event—the harder you practice and the more challenges you face in training, the more prepared you'll be when it really matters.

Taking a daily probiotic can help provide your body with multiple benefits through direct mechanisms like adjusting intestinal pH, supporting a healthy mucosal barrier, and interacting with your adaptive immune system to shape your repertoire of antibodies.



Eating a healthy diet consisting of whole foods, getting adequate amounts of fiber, and supplementing with a probiotic are some of the best practices for strengthening and maintaining your microbiome health—especially in the gut.

Fiber both encourages the healthy growth of good bacteria and ensures toxins are swept from the body instead of being deposited in your liver and recirculated in your bile. The National Academy of Medicine recommends men get at least 30–38 grams of fiber daily and women get at least 21–25 grams of fiber daily. Unfortunately, most people’s diets do not contain nearly that much fiber. That’s why a fiber supplement is so important. It’s also important to only use antibiotics under a health care provider’s instruction and not

for prolonged periods of time, as they can destroy helpful bacteria in the microbiome along with the invading bacteria you are trying to treat.†

SUPERIOR MICROBIOME SOLUTIONS FROM MELALEUCA



Florify® Daily Probiotic

bolsters gut health with 11 billion probiotic cultures from nine diverse sources—including two that specifically support immune health. That’s more strains and billions more cultures than the leading competitor delivers! Plus, Florify’s proprietary stomach acid-resistant capsule ensures that the colonies are delivered directly to the intestinal tract where they can do the most good. There simply isn’t a better daily probiotic you can take.*



The Peak Performance Nutrition Pack

Backed by four clinical studies and tens of thousands of life-changing experiences, the *Peak Performance Pack* is the premier dietary supplement on the market today. By combining six of Melaleuca’s jaw-dropping supplements into one supercharged pack, the *Peak Performance Pack* gives your body the nutrition it needs using technologies no other manufacturer can match. The *Peak Performance Pack* is proven to improve dozens of health factors in healthy individuals that affect overall well-being but also support immune system health.*

Every *Peak Performance Pack* includes *Vitality Multivitamin & Mineral™*, *CellWise®*, *ProvexCV®*, *CardiOmega EPA™*, *Recover AI™*, and *Florify*.

*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.

† Please consult your physician regarding the impact antibiotics may have on your gut microbiome.



A single serving of **FiberWise® Drink** provides 14 grams of fiber from a proprietary blend of multiple fiber sources: psyllium husk, oat, apple, rice bran, chicory root, soluble corn fiber, and fructooligosaccharides. These various sources provide both soluble and insoluble fiber for full-body benefits. With its prebiotic fiber, *FiberWise* also provides food for the “friendly” bacteria in your large intestine that support proper digestion and promote immune support throughout the body.*

2 EAT RIGHT

Your immune system relies on the food you eat for the fuel and tools to function properly. A diet rich in vitamins, minerals, antioxidants, and omega-3s is recommended. Colorful fruits and vegetables as well as lean protein and fish are ideal sources. Proven, high-quality supplements are also very beneficial.

3 STOCK UP ON ESSENTIAL MINERALS

Minerals are inorganic ions that the body requires but cannot manufacture. They must be obtained from the diet. Minerals are referred to as the “spark plugs of life” because they are required to activate the enzymatic functions in the body. Enzymes play a crucial role in immunity, including in the production of antibodies and in reducing free radical damage. The immune system requires a healthy store of trace minerals to boost your immune system. Zinc in particular can become taxed when the immune system is under duress.

SUPERIOR MINERAL SOLUTIONS FROM MELALEUCA



Vitality Multivitamin & Mineral™

provides the ideal daily amounts of essential minerals and vitamins. Melaleuca’s patented *Oligo*® mineral-delivery technology ensures these important minerals are delivered to the body bound in proteins and fibers—just like plants. This dramatically improves the absorption of the minerals

and decreases free radicals inherent to the minerals used in other supplements. *Vitality Multivitamin & Mineral* is at the heart of the *Peak Performance Pack*.*



Activate Immune Complex®

and *Activate-C Immune Complex™* both provide an added boost of zinc as well as vitamins C and E along with a powerful botanical blend shown to support immune health. *Activate* is a combination of scientifically formulated nutrients designed to help the body defend itself. The extracts and vitamins in this exclusive combination have all been shown in scientific studies to help support the immune system.*

4 FIGHT OFF FREE RADICALS

When the immune system comes under attack, the additional activity increases oxidative stress and generates free radicals within the body. Antioxidant vitamins like C and E naturally mitigate the free radicals. In addition, nutrients such as proanthocyanidins and





other polyphenols support your body's ability to generate its own natural, endogenous antioxidant enzymes that help fight free radicals.

SUPERIOR ANTIOXIDANT SOLUTIONS FROM MELALEUCA



CellWise® Broad-Spectrum Antioxidant

provides full-body support from free radicals. The patented *CellWise* formula provides a unique, scientifically tuned assortment of highly effective free radical quenchers to support your entire body at the cellular level. For even greater antioxidant protection, take *CellWise* as part of any *Peak Performance Pack*.*



ProvexCV® harnesses the antioxidant power of grape skins and grape seeds, which contain proanthocyanidins. The mix of natural compounds in *ProvexCV* has been researched and tested to ensure high bioavailability within the body. These compounds help the body

generate powerful antioxidant enzymes, keeping free radical activity at healthy levels. It's also included in the *Peak Performance Nutrition Pack*.*

5 MANAGE OCCASIONAL, COMMON INFLAMMATION

Short-term inflammation is an essential part of a healthy immune response. It can increase blood flow and help speed healing. But too much inflammation can have the opposite effect, damaging your healthy cells and tissues instead of just the invaders. While some factors that lead to persistent inflammation cannot be controlled—such as age—most causes can be lessened or removed. Common causes of ongoing inflammation include the following:

Obesity: Obesity is associated with chronic, low-grade inflammation throughout the body.

Lack of Exercise: A sedentary lifestyle has been linked to

persistent systemic inflammation. Conversely, regular exercise reduces the production of pro-inflammatory molecules in the body, and enhances the activity of anti-inflammatory immune cells, leading to an overall decrease in chronic inflammation.

Smoking: Tobacco smoke can trigger an immune response associated with increased inflammation.

Toxicants: These are manufactured or extracted chemicals such as pesticides, pollution, cleaning agents, and industrial emissions in the environment that can trigger inflammation.

Unhealthy Diet: A diet high in sugar, refined carbohydrates, and trans fats—as found in many processed foods—can promote inflammation. The best way to manage this type of inflammation is through a healthy diet rich in antioxidants and omega-3s as

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well as by adopting a more active lifestyle. Numerous studies have linked higher omega-3 intake to reduced inflammation throughout the body. Coldwater fish, such as salmon, mackerel, and sardines, are naturally high in omega-3s. Plant sources of omega-3s include chia seeds, brussels sprouts, and flaxseed as well as some nuts, such as walnuts.

Stress: Prolonged stress can lead to increased levels of cortisol, the hormone that regulates metabolism and helps reduce inflammation. Increased levels of cortisol alter its ability to regulate inflammation and lead to the body creating inflammation as a response to stress.

Inadequate Sleep: Laboratory studies have directly linked sleep deprivation to increased inflammatory response throughout the body.

SUPERIOR ACTIVITY-INDUCED INFLAMMATION SUPPORT FROM MELALEUCA



Recover AI™ provides your body with a patented blend of natural nutrients to promote a healthy response to activity-induced inflammation in healthy individuals. This unique, scientifically validated formula supports the body's systems with trusted botanicals like chokeberry, turmeric, and devil's claw. It's also a key component of the *Peak Performance Pack*.*



Vitality Coldwater Omega-3® is sustainably sourced from wild, coldwater fish and purified to the highest standards. It delivers 930 mg of DHA and EPA omega-3s in just two softgels.*



CardiOmega EPA™

is specifically formulated to promote a normal response to activity-induced inflammation with 1,000 mg of EPA omega-3s. It helps promote recovery after intense activity.*



Omega-3 Crème Delight®

gives you 1,080 mg of omega-3s in a creamy, delicious whip. It helps promote a normal response to activity-induced inflammation by providing 660 mg of DHA and 420 mg of EPA with no fish flavor and no aftertaste. Ideal for the whole family.*

6 GET YOUR VITAMIN D

Unlike the other essential vitamins, vitamin D is technically a hormone. The body produces provitamin D₃, but it requires ultraviolet radiation of summer-strength sunlight to photolyze it into the useful previtamin D₃. So it's difficult to get enough, especially for those of us who spend so much time indoors.

In fact, research published in *JAMA Internal Medicine* estimates that as many as 75% of US adults and teens are chronically deficient. Why is that important? Vitamin D is essential for regulating the body's response to normal, everyday, activity-induced inflammation, and studies have found that those with lower vitamin D levels are more susceptible to disease.

Vitamin D enhances the function of immune cells, including T cells and macrophages.

Few foods in nature contain vitamin D. Fatty fish, such as salmon, tuna, and mackerel, have





the highest levels. Mushrooms and egg yolks also contain small amounts. Because of this, many foods, such as milk, have been fortified with vitamin D.

SUPERIOR VITAMIN D SOLUTIONS FROM MELALEUCA



Vitality Multivitamin & Mineral™ provides up to 24 essential nutrients, including 200% of the daily value of vitamin D for optimal daily maintenance of this critical nutrient. It's also included in the *Peak Performance Pack*.*



Vitality Vitamin D3 is the ultimate stand-alone vitamin D supplement on the market. It provides 2,000 IU of vitamin D for those needing an added boost.*

7 MAINTAIN A HEALTHY WEIGHT

Extra body fat has been shown to both increase free radicals throughout the body and elevate inflammation. Obesity has also been linked to impaired immune function by decreasing the amount of immunity cells (leucocytes) in the blood and delaying proper immune response.

Healthy, sustainable weight loss requires a combination of reducing daily calorie intake (eating less and choosing healthier options) and increasing activity (burning more calories).

To determine how many calories you should eat each day, you first need to know your Basal Metabolic Rate (BMR) and then factor in your daily activity using the Harris-Benedict equation. This will give you the number of calories you need each day to maintain your current weight. Caloric calculators are

easy to find online. Once you know your daily caloric need, subtract 500 calories from that number to begin losing weight. Of course, you should speak with your health care provider before making any significant health decisions.

To make the most of your efforts, look for foods that are high in protein, high in fiber, help you feel full longer, and help maintain healthy blood sugar levels throughout the day.

Drinking adequate amounts of water is also essential. A good guideline is to drink 0.5–1 fl. oz. for every pound you weigh. So if you weigh 150 pounds, you should drink between 75 and 150 fl. oz. of water every day. Nutritionists also recommend drinking water before each meal to help you eat less.

SUPERIOR WEIGHT MANAGEMENT SOLUTIONS FROM MELALEUCA



GC Control™ is a delicious, one-of-a-kind shake with a proprietary blend of ingredients designed to put you in control of your food cravings, increase energy levels, and optimize weight management efforts. No other product is like *GC Control!* It's a powerful tool to support normal blood sugar levels and your weight management efforts.*



The seven fiber sources in **FiberWise®** not only help you feel fuller longer but have also been shown to help boost metabolism. No program for healthy eating and weight loss is complete without the full-body benefits of *FiberWise*.*



By promoting fat breakdown, **NutraTherm™** is a better way to help accelerate metabolism and support increased calorie burn.

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It utilizes the body-slimming effects of green coffee bean extract, green tea extract, and capsaicin pepper extract.*

The **Metabolic Health Bundle** gives you the *Peak Performance Metabolic Health Pack*, 30 servings of *GC Control™*, and 30 servings of *FiberWise® Drink* in a convenient bundle—all at a reduced price.

8 GET MOVING

The long-term health effects of physical exercise have been well documented. Exercise reduces the risk of cardiovascular disease and improves your metabolism. Regular activity accelerates your weight-control efforts while strengthening muscles and bones. But exercise also has incomparable immune-boosting benefits. In fact, research has shown that just a single 20-minute session of exercise is enough to help lower inflammation levels in the body.

Regular exercise also causes antibodies and white blood cells to circulate more rapidly, helping them to detect and destroy invaders more quickly. A study in the *British Journal of Sports Medicine* found that those who exercised at least five days a week reduced their risk of developing a cold by nearly 50%. And exercisers who did get sick reported less-severe symptoms.

The key to starting an exercise routine is consistency and moderation. Most doctors agree that 30–60 minutes of moderate to vigorous exercise 4–5 days a week is ideal. Of course, it's a good idea to speak with your health care provider before beginning any exercise regimen.

SUPERIOR EXERCISE AND FITNESS SOLUTIONS FROM MELALEUCA



Access® Bars help you make the most of your efforts by kick-starting the fat-burning process during your workout and reducing fatigue and soreness afterward. Access harnesses the power of theobromine and CLA to help your body tap its fat stores and make the most of every workout.*



Sustain® Pre-Active uses natural caffeine, mango leaf extract, arugula, and a *ProvexCV®* blend to help improve focus, energy levels, and blood flow while helping reduce fatigue to make exercise easier. *Sustain Active Electrolyte Hydration* replenishes the fluid and electrolytes you lose when you sweat so you can perform at your best for longer. *Sustain Post-Active* provides all nine essential amino acids as well as tart cherry, creatine, and *Oligo®*



minerals to improve strength and endurance while helping rebuild muscle tissue.



Proflex Protein Shakes help you build muscle and repair tissue to develop lean, toned muscles that help improve your metabolism. And they do it all while tasting amazing. Forget your experience with any other dull, chalky protein you may have experienced in the past! *Proflex* gives you the protein you need in a form you'll enjoy day after day for years to come!

9 CATCH YOUR Z'S

Sleep is one of the best and most reliable natural immune boosters. In fact, a study in the journal *Sleep* found that people who got adequate sleep each night were four times less likely to come down with a cold than those who didn't. Sleep is critically important for your body to rest and repair itself, but 70% of adults still report getting inadequate sleep at least once per month, and the CDC

reports that one in three adults regularly don't get enough sleep.

Without adequate sleep, your body makes fewer cytokines, a protein that targets infection and inflammation. Lack of sleep also induces free radicals and inflammation. Even a single night of poor sleep can impair your T cells' ability to fight invaders by as much as 70%!

While requirements will differ based on age and activity levels, adults should generally get 7–8 hours of sleep each night. If you're struggling to get that much, here are a few simple tips you can try:

Stick to a Schedule: Organize your schedule so you can go to bed and wake up at the same time every day.

Relax First: Find a relaxing bedtime ritual such as a hot bath, reading, journaling, or planning your day.

Avoid Naps: Especially if they are in the late afternoon or last longer than 20–30 minutes.

Exercise Daily: Studies have shown that regular exercise can help you fall asleep more quickly and improve sleep quality.

Sleep in a Cooler Room: A room between 60°F and 67°F is ideal for deep sleep and allows you to cycle naturally through the sleep stages.

Put Down Your Phone:

The blue light emitted from smartphones, tablets, and computers in the hours before bedtime can inhibit sleep.

SUPERIOR SLEEP SOLUTIONS FROM MELALEUCA



RestEZ™ has a triple-action formula that includes trade-secret time-release melatonin to help you naturally relax sooner, fall asleep faster, and stay asleep longer.*



10 MANAGE STRESS

When you're under stress, your body produces hormones that can suppress your immune system and make you more likely to get sick. In fact, one study found that stressed people were twice as likely to get sick as their more relaxed counterparts.

Stress can also lead to making poor choices about diet, exercise, and sleep. While it's impossible to avoid stress, you can manage it in healthy ways. Some of the best methods for reducing stress include daily exercise, mindfulness meditation, reduced caffeine intake, meaningful personal interactions, and laughter!

SUPERIOR STRESS
MANAGEMENT
FROM MELALEUCA



Mela-Out Magnesium

naturally melts away restlessness by easing muscle tension, so you can relax, feel calmer, and better manage everyday stress.*



Luminex® delivers a proprietary blend of natural ingredients to support a positive mood and help you handle the stress of life's ups and downs. The natural formula includes St. John's wort, griffonia seed extract, and vitamin B12 to support the activities of brain messengers and to provide key nutrition for neurotransmitters.*

11 AVOID EXPOSURE

The number-one risk factor for contracting any communicable illness is exposure. If you can limit your exposure, you greatly reduce your risk. Keeping your body and your environment clean

and germ-free is an important step in preventing undue stress on your immune system.

12 WASH THOSE HANDS

Properly washing your hands with soap is one of the easiest and most effective ways to prevent pathogens from entering your body and to avoid spreading them around. To effectively wash your hands, use clean water and an effective soap.

Once you've built up a good lather by rubbing your hands together with the soap, scrub your hands for at least 20 seconds, paying attention to all surfaces, including the back of your hands and each finger—especially around and under the nails. Then rinse your hands well under running water. Finish by drying your hands on a clean towel or air drying them. If you don't have access to water or soap, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

SUPERIOR HAND-CLEANING
SOLUTIONS FROM MELALEUCA

Melaleuca offers a wide variety of hand washes and soaps that release germs from skin, sending them sailing down the drain. Hands become clear of contaminants, greatly reducing transmission of disease. Even during times of frequent handwashing, skin remains soft, moisturized, and healthy.



Sun Valley® Hand Wash Powered by Sol-U-Guard Botanical®

makes it easy to clean your hands while reveling in rich lather and sumptuous fragrance. Glycerin, thyme oil, and aloe vera combined with the same thyme oil and citric acid found in *Sol-U-Guard Botanical* make it easy to wash away

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germs and dirt. The formula is completely free of parabens and phthalates and does not contain formaldehyde.



Clear Defense® Soothing Hand Sanitizer

effectively kills 99.99% of most illness-causing germs while preventing dryness with three natural moisturizers. Also available in take-anywhere wipes.

13 DISINFECT SURFACES

Even when your home looks clean, it can still be harboring trillions of unseen germs.

In fact, the average American household is home to more than 2,000 different species of fungi and 7,000 species of bacteria. And while you may think of bathrooms as the dirtiest spots in your home, they're not. While a toilet seat averages 1,201 bacteria per square inch, doorknobs average 8,643, cell phones have as many as 25,127, and kitchen sink drains contain 567,845 bacteria per square inch!

Other surfaces you may not consider or are often overlooked include salt and pepper shakers, cabinet handles, oven knobs, kids' toys, and remote controls.

And the germs aren't limited to your home. The average work desk is home to 400 times more germs than a toilet seat, with more than 3,000 bacteria per square inch on computer keyboards and 1,600 per square inch on your computer mouse.

That all adds up to a need for an effective disinfectant. While a surface cleaner can remove dirt and stains, it doesn't actively kill

germs. In fact, sometimes it just spreads them around. Only EPA-registered disinfectants have been substantially documented to kill germs during cleaning. The US Centers for Disease Control (CDC) recommends that you clean and disinfect household surfaces on a regular basis to prevent the spread of germs.

**SUPERIOR DISINFECTING
FROM MELALEUCA**



Sol-U-Guard Botanical

was the very first EPA-registered botanical disinfectant powered by thyme oil and citric acid. It effectively kills over 99.9% of common household bacteria on hard, nonporous surfaces—without harsh fumes or leaving behind harmful residues. This innovative formula is protected by two US patents. And because it's 2x concentrated with biodegradable ingredients, it's safer for the environment and safer for the most-touched surfaces in your home.

14 KEEP SKIN HEALTHY

As the largest organ of the body and the first line of defense against pathogens, keeping your skin clean and healthy goes a long way toward supporting a healthy immune system. The best way to keep your skin healthy is to keep yourself healthy by eating a balanced diet rich in fruits and vegetables and by getting regular exercise. It's also important to protect your skin from sun damage and to clean it regularly.

Experts recommend showering 5–10 minutes daily in warm—not hot—water with a gentle soap. Pat your skin dry with a towel and then moisturize immediately after washing to hold in the moisture.



SUPERIOR SKIN THERAPY
FROM MELALEUCA



Renew® Lotion has been proven in two clinical studies to deliver fast-absorbing, long-lasting softness and moisture that soothes and protects even the driest skin. In clinical tests, *Renew Lotion* outperformed the leading competitor on every measurement, including dryness, roughness, moisture content, and the moisture retention of severely dry skin. In 24 hours, it delivered softer, smoother, more moisturized skin than the leading lotion ever could—even after two full weeks of use.

15 MIND YOUR MOUTH

The mouth is the gateway to the body and the most common entry point for germs and bacteria. It is also an important site for your microbiome. As such, there is a strong connection between your oral health and your overall health, including your immune system.

Your warm, wet mouth is the perfect breeding ground for bacteria. When this bacteria is allowed to grow unchecked, it can lead to periodontal disease and tooth decay. As these conditions worsen, the bacteria can move from your mouth to the rest of your body.

The best way to control bacteria in the mouth is through regular brushing and flossing. Brushing twice a day helps remove the buildup of bacteria on your teeth and gums, and flossing eliminates the food particles they feed on. A good oral care routine not only improves your smile, it helps fortify your immune system.

SUPERIOR ORAL HEALTH
FROM MELALEUCA



Melaleuca offers a complete dental system that includes *Exceed™* and *Classic Tooth Polishes* featuring Melaleuca Oil as well as our *Breath-Away® Mouth Rinse*.

Take Control of Your Immune Health

Your immune system is a miraculous gift. It began working before you were born, and if it is properly cared for, it will continue to work throughout a long, fulfilling life. With education and the right decisions, there is a lot you can do to support and safeguard this essential system.

This guide was created to help you better understand your immune system and offer some simple steps and advice to help protect it and keep it functioning at peak efficiency.

If you'd like to learn more, we encourage further personal research and study. The following sources will provide an effective starting point.

Additional Resources

"How to Boost Your Immune System," Harvard, <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>.

"5 Ways to Boost Your Immune System," AARP, <https://www.aarp.org/health/healthy-living/info-2020/boosting-immune-response.html>.

"15 Health Habits That Actually Optimize Your Immunity, According to Experts," Women's Health Magazine, <https://www.womenshealthmag.com/health/a32475295/how-to-boost-immune-system/>.

"Supporting Your Immune System Is Simple," Outside Magazine, <https://www.outsideonline.com/health/wellness/immune-system-support-coronavirus>.

"Here's the Best Way to Boost Your Immune System," Time Magazine, <https://time.com/5482827/how-to-boost-your-immune-system/>.

"The Best Defense: Boost Your Immune System," Experience Life Magazine, <https://experienceclife.com/article/the-best-defense/>.

"Will You Be Ready to Fight Off the Next Virus?," MDVIP, <https://www.mdvip.com/about-mdvip/blog/will-you-be-ready-fight-next-virus>.

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Immunity Support at a Glance

As The Wellness Company, Melaleuca is dedicated to providing you with nature-inspired solutions that help you boost and maintain your immune system.

Nutritional Support



Florify®
Daily Probiotic



Recover All™



Peak Performance
Total Health



Activate Immune
Complex®



Vitality
Multivitamin
and Mineral™



ProvexCV®



Vitality
Coldwater
Omega-3®



Vitality
Vitamin D3

Sleep & Stress Support



Mela-Out



Luminex®



RestEZ™

Disinfectant & Sanitizer



Sol-U-Guard
Botanical®
Disinfectant



Clear Defense®
Hand Sanitizer

Personal Hygiene



Breath-Away®
Mouth Rinse



Exceed™
Tooth Polish



Classic
Tooth Polish



Renew® Lotion



Sun Valley® Foaming
Hand Wash powered by
Sol-U-Guard Botanical®

Weight Management & Exercise



NutraTherm™



Proflex Pro



GC Control™



Access® Bars



Sustain®



FiberWise®

