



Name 90-day Immune Programme

Caps

Code Name

IMM-C3 90-day Immune Programme with Capsules
Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code IMM-C1 which attracts no discount.

Area concerned

Immune (lymphatic) system

Ingredients

Each 30-day pack includes:

100 *Lym Capsules*, 100 *Echinacea Compound Capsules*, a tub of *Pau d'Arco Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Description *Applies to both programmes*

The *Immune Programme* has been designed to give thorough support to the body's immune system. We have used *Lym Capsules* for many years to help the immune (lymphatic) system. *Pau d'Arco* has been used for centuries in Brazil for the same purpose. The accompanying pamphlet advises you on how to get the most out of the programme through herbs, diet, exercise, and lifestyle suggestions.

To stay completely healthy, it is essential to keep the immune system working at peak efficiency. The *Immune Programme* can help you to do just that.

Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus one small pot of *Pau d'Arco Tea* a day. The pot of tea can be made at any time convenient for you.

How long to take it for

We recommend taking this programme for 3 months (90 days). By all means, repeat it annually if you wish, either just before the winter comes, or at any other time.

Cautions

Immune Programme with Capsules: Do not take if pregnant or nursing. Do not take with diuretic drugs. Do not take alongside blood thinning drugs such as Warfarin.

Immune Programme with Drops: Do not take if pregnant or nursing.

Caps

Drops

Code Name

IMM-D3 90-day Immune Programme with Drops
Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code IMM-D1 which attracts no discount.

Area concerned

Immune (lymphatic) system

Ingredients

Each 30-day pack includes:

50ml *Lym Drops*, 50ml *Echinacea Drops*, a tub of *Pau d'Arco Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Why use the Immune Programme?

Many people recognize the benefit of having a strong immune system - fewer days off, better energy level, and less chance of letting friends and family - and yourself - down.

Avoiding stress, or dealing with it in a better way, will help to keep the immune system strong. Maintaining a good work/life balance and avoiding overwork is also very helpful.

Once stress and overwork take over, there can be a downward spiral. To avoid this, it can be helpful to support the immune system in every way you can. This can be done by:

1. Exercise - one of the best ways to help the immune system - as well as reduce stress.
2. Diet - large amounts of fruit and vegetables (with potatoes only in moderation) help to boost the immune system
3. Our *90-day Immune Programme*. This is best taken when you are perfectly well, to help you to *keep* well.

HELP YOUR IMMUNE SYSTEM!

Companion Products

Calendula Drops; Cat's Claw Capsules or Drops; Cayenne Capsules; Echinacea Capsules or Drops; Echinacea Compound Capsules; Lym Capsules or Drops; Pau d'Arco Capsules, Drops or Tea; Power Garlic Capsules.

Drops