

TOTAL VIRX

Ingredients: Olive Leaf 100mg, L-Lysine 100mg, Vitamin C 25mg, Zinc Chelate 10mg, Elderberry Extract 100mg, Selenium Chelate 50mcg, Olive Leaf Extract 5mg, Vitamin A 3333.33i.u, Echinacea 100mg, Goldenseal 50mg, Astragalus 100mg, Natural Beta Carotene 3333.33i.u.

Supportive Function: Total Virx provides complete immune support for maintenance of defenses against attack from viral organisms. A uniquely orchestrated combination of powerful phytochemicals and nutrients make up this formula, which includes the highly active components in olive leaf (such as oleuropein).

When are immune nutrients helpful? Decreased immune function, infections

Clinical Applications/Research: **Olive Leaf** has been recently researched because of the discovery of the high quantity of active phytochemicals in this plant. The olive branch dates back to ancient times as a symbol of rebirth and growth. Now, an extract from the leaves of the olive branch has gained interest, due to a phytochemical called, "oleuropein." In addition to the oleuropein contained in olive leaf extract, other powerful bioflavonoids are present, including rutin, Hesperidin, and other flavones. These ingredients work synergistically together, and are responsible for the reputation that the extract is building for purported medicinal properties, including: antibacterial, antimicrobial, antiviral, antifungal, antioxidant, antiarrhythmic, hypoglycemic, hypolipidemic, hypouricemic, hypocholesterolemic, and hypotensive. Numerous scientific tests are now starting to confirm the potency of this plant's actions.

Lysine is an amino acid with antiviral properties; it is especially effective against the herpes simplex virus. While lysine and lysine-rich foods are recommended for herpes and related viruses, large amounts of arginine and arginine-rich foods (including chocolate, nuts, dairy and meat) should be avoided.

Vitamin C is one of the most important vitamins, which builds the immune system. It creates strong, healthy tissues that line immune organs, and it is carried in the immune-fighting lymphocytes (white blood cells). Vitamin C helps mobilize the lymphocytes (immune-fighting cells) and increases the speed with which they can reach a site of infection. When there is an infection, vitamin C is carried to the site quickly, and it is used up quickly.

Zinc is another important immune vitamin. It has a vital role in regenerating epithelial tissue and so is highly important when viral infection calls for cellular repair. Zinc shortens colds and reduces symptoms, theoretically by inhibiting viral replication (Landis R. Herbal Defense. 1997 Warner Books, NY, NY).

Elderberry Extract is high in phytochemical content, especially proanthocyanidins, which have potent cell-protecting ability. Elderberry has been used traditionally for its antiviral effects.

Selenium is an antioxidant, it's a cofactor in glutathione peroxidase and Selenium SOD antioxidant enzymes, and its ability to strengthen the immune system has been widely documented. Epidemiological studies suggest that many diseases are higher in areas

where selenium is depleted in the soil. For instance, cultivating garlic and onion in selenium reduced total tumors up to 75% (Carcinogenesis 1994; 15(9): 1881-5).

Vitamin A is considered to be an essential immune vitamin. It is necessary to cellular growth, repair, and regeneration. Its role in regenerating epithelial tissue is vital to immune organs. It has been known for a long time that a lack of vitamin A in the diet will result in reduced resistance to infection.

Beta-Carotene is a precursor, which is made into vitamin A, as the body needs it. Beta-carotene has also been found to specifically enhance the immune system, and is a potent antioxidant (vitamin A is not an antioxidant form).

Echinacea is an herb that has been used for centuries because of its profound effect on the immune system. Supplementary treatment of echinacea has been reported to protect cells and enhance antibody (B lymphocytes) and cell-mediated immune response (T lymphocytes) (Vet Clin North Am Food Anim Pract. 1988).

Goldenseal is another powerful herb, acting as a detoxifier and antibiotic. One of the most popular herbs, Goldenseal is known in traditional Chinese medicine as a balancer and stimulator of internal organs. Goldenseal contains berberine, which is antibacterial, antipyretic and antimalarial (Merck Index, 11th ed. Merck & Co. Inc., Rahway, N.J. 1989). Berberine destroys microorganisms, and inhibits infectious organisms and toxic formation by the organisms.

Astragalus has been traditionally used by the Chinese to fight viral infections. A clinical trial with 10 patients suffering from a coxsackie B viral infection showed improved natural killer cell activity in patients treated with astragalus (Chin Med J 1990; 103:304-307). Research has demonstrated an ability of astragalus to correct deficient T cell (immune-fighting cell) function in cancer patients (J Clin Lab Immunol 1988; 25:119-123).

Testimonials/Nutrient Tidbits: Many doctors report...I love this formula! It's awesome.

Another doctor reports . . . My son was so sick one day and was running a 103-degree fever. He tested for 18 Total Virx that day and by the next morning he was completely better!

Suggested Dosage: 1-2 tablets 3 times daily or as directed

Size: 60 or 120 tablets

Vegetarian: Yes

Contraindications: Contraindicated in pregnancy. Echinacea contains sugars in its cell membrane, which the body can build resistance to. Some believe that the immune system should not be constantly stimulated, and recommend not taking continuously (i.e. 8 weeks on, 1 week off).