





PROBLEM AREA

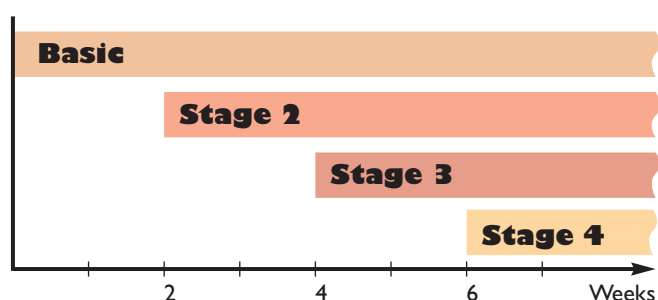
# Weakened Immune System

A healthy diet and an optimum supply of cellular nutrients are essential foundations for healthy body function. However, many different factors can significantly increase the need for cellular nutrients and cause deficiencies. This frequently leads to increased susceptibility to colds and other infectious diseases. The best protection against these diseases is a healthy immune system.

To ensure this we need the defence cells in our blood to be functioning optimally. Apart from the targeted strengthening of the immune system to defend against disease agents, cellular nutrients also contribute to the blocking of collagen-digesting enzymes, thus stabilising the connective tissue and assisting it in inhibiting the spread of disease agents.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <p><b>Basic programme</b></p>	Cellular nutrient synergy of over 30 vitamins, minerals, amino acids and trace elements	<ul style="list-style-type: none"> <li>● Optimises the body's overall metabolism</li> </ul>
 <p>STAGE 2 <b>Strengthening the immune system</b></p>	Vitamin C, beta carotene, vitamin E, vitamins B6 and B12, folic acid, iron	<ul style="list-style-type: none"> <li>● Strengthens the natural immune system</li> <li>● Protects cells against free radicals</li> <li>● Promotes oxygen transport</li> </ul>
 <p>STAGE 3 <b>Healthy cell function</b></p>	Vitamin C, lysine, proline, arginine, polyphenols (EGCG)	<ul style="list-style-type: none"> <li>● Supports healthy cell function</li> <li>● Inhibits collagen-digesting enzymes</li> <li>● Maintains stable connective tissue</li> </ul>
 <p>STAGE 4 <b>Protecting connective tissue</b></p>	Vitamin C, lysine	<ul style="list-style-type: none"> <li>● Protects connective tissue</li> </ul>

## RECOMMENDED CELLULAR NUTRIENT INTAKE:



Begin by taking the basic nutrient programme every day at mealtimes. Then supplement these cellular nutrients after 2 weeks with special nutrients to strengthen the immune system (stage 2). If required go on to stage 3 to support healthy cell function and stage 4 for the protection of connective tissue against the spread of disease agents.