

Immune Superfood

Prebiotic for Immune Strength

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Prebiotic for Immune Strength

Prebiotic blend containing nutrients that modulate healthy immune responses, as well as feed the microbiome to effectively reinforce the immune system.



Immunity



Gut



Whole Body



Brain

Health Indications

- Enhance the Growth and Colonization of Immune μ Biomic Probiotics
- Manage Symptoms of Autoimmune Diseases
- Mitigate Risk for Immune Related Conditions
- Support Gut Microbiome Health and Diversity
- Promote a Healthy Gut-Immune Axis Connection
- Improve Symptoms of Immune Dysregulation and Gastrointestinal Distress
- Support Overall Immune Health
- Increase the Quality and Variety of Dietary Fibers
- Address Nutritional Gaps

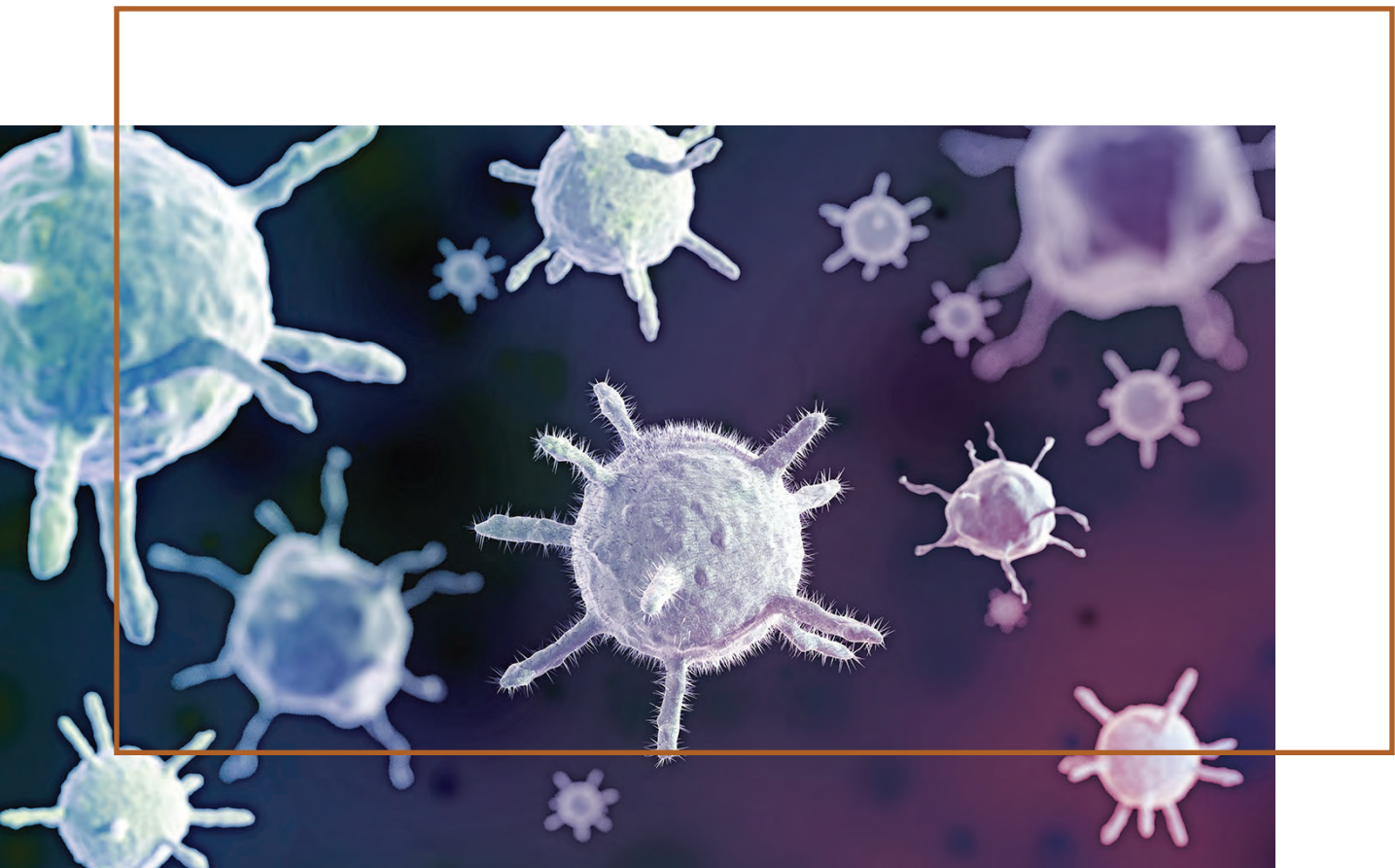
Instructions For Use

Mix 1 scoop into 8-16 oz of your choice of liquid daily, or as directed by your healthcare provider. Immune Superfood can be taken with or without food.

**Individual needs may vary; please consult your practitioner before altering the prescribed doses or protocols.

Product Description

In a world where the demands on the immune system are increasing due to factors such as allergies, autoimmune diseases, and new or reemerging infections, prioritizing immune health has become a critical focus. One area of the immune system that is receiving significant attention and research is the gut-immune axis. A flood of investigations have demonstrated the essential role of the gut-immune axis for systemic health, and highlighted how the microbiome is inextricably intertwined in the overall function of the gut-immune axis and immune health.



The gut-immune axis is crucial because about 70% of the body's lymphocyte immune cells are found in the gut, particularly within the gut-associated lymphoid tissue (GALT). This makes the gut the largest immunological organ in the body. These immune cells continuously interact with the gut microbiota, learning to distinguish between harmful pathogens and beneficial microbes or food particles. Beneficial gut bacteria produce metabolites like short-chain fatty acids (SCFAs), which help maintain the gut barrier and prevent harmful substances from entering the bloodstream. They also communicate with immune cells to reduce inflammation, promote tolerance to non-harmful antigens, and enhance antibody production, especially immunoglobulin A (IgA), which helps neutralize pathogens.

Disruptions in the gut-immune axis, due to factors such as from poor diet, stress, or overuse of antibiotics, can lead to imbalances in the gut microbiome and weaken immune defenses, making the body more susceptible to infections and inflammatory diseases. Immune Superfood helps prevent or correct dysbiosis through regular and consistent supplementation of high quality fibers, herbs, and probiotics, supporting a healthy gut-immune axis which is key for effective immune function and overall health.¹



Key Elements & Features of Immune Superfood

Complementary Prebiotic to Immune μ Biomic Probiotic

Immune Superfood was designed to be taken alongside Immune μ Biomic. By nourishing and supporting the colonization of keystone probiotics provided by Immune μ Biomic, this product promotes a thriving, diverse microbiome to ensure optimal gut-immune axis function and immune health.

Gut-Associated Lymphoid Tissue Interaction

Immune Superfood contains ingredients that directly interact with and support the function of gut-associated lymphoid tissue (GALT). Additionally, this product promotes the growth of key gut microbiome species that support GALT health and enhances their ability to modulate the gut-immune environment.

Gut-Immune Axis Modulation

High-quality prebiotics, probiotics, and postbiotics are essential for not only the overall health of the gut microbiome and the gastrointestinal tract, but also the optimal function of the gut-immune axis. Immune Superfood offers research-backed, unique prebiotics designed to enhance the gut-immune axis.

Ensure Overall Gut Microbiome Diversity

This specialized blend of prebiotics helps to colonize and reestablish missing or reduced populations of keystone microbes, while also supporting the overall diversity and richness of the microbial community to ensure optimal immune health.

Ideal for Daily Wellness as a High Fiber Prebiotic

Immune Superfood is an excellent addition to any dietary regimen, even if there are no specific concerns about gut-immune health. In addition to being a prebiotic supplement, Immune Superfood provides a diverse range of high-quality fibers that support digestion, address nutrient gaps, and promote overall wellness.



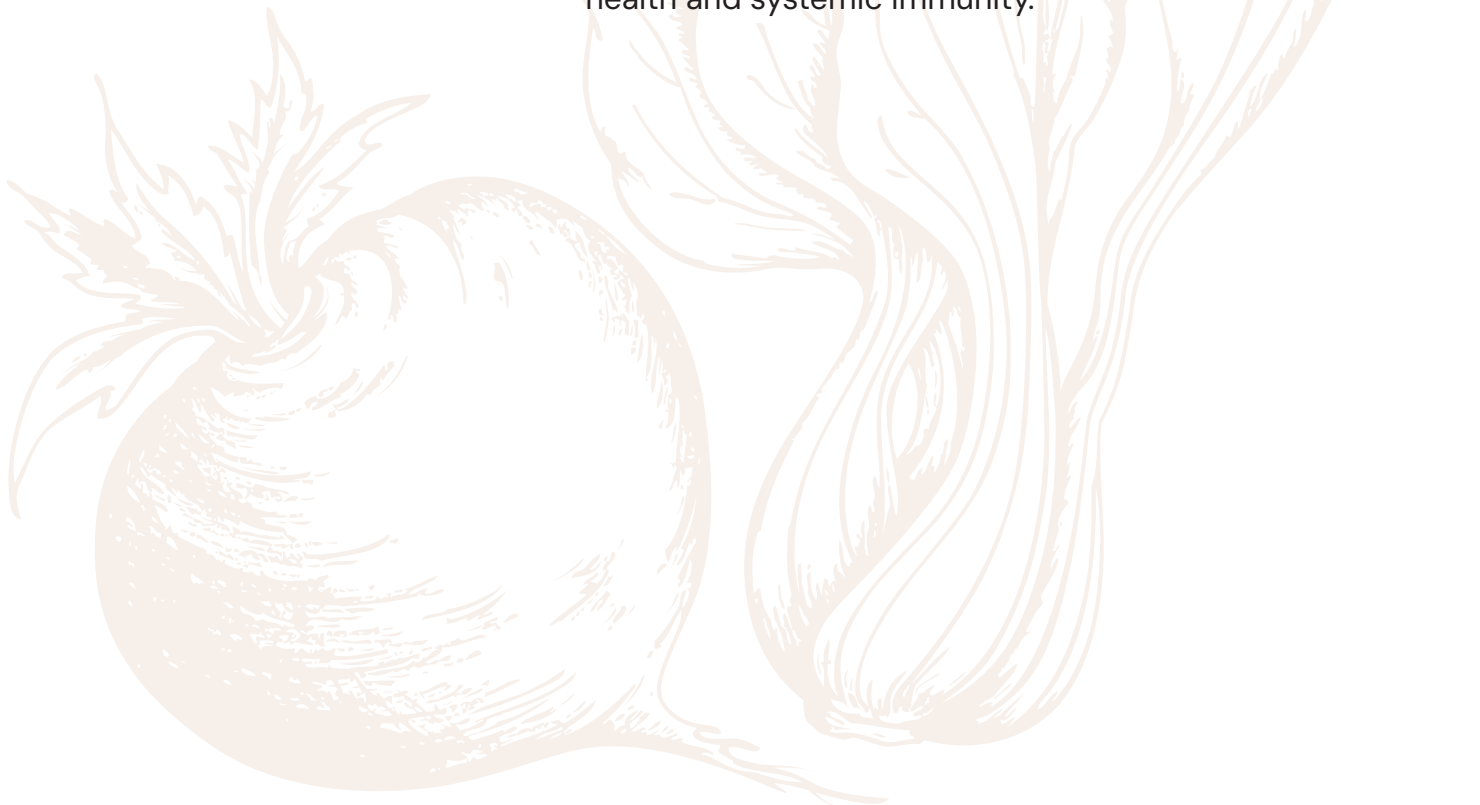
Prebiotic and Superfoods Spotlight

Gut-Associated Lymphoid Tissue Support Blend

Immune Superfood blends ingredients such as hesperidin and arabinogalactan that positively influence gut-associated lymphoid tissues (GALT), which are critical components of the immune system. GALT includes various lymphoid tissues such as Peyer's patches, isolated lymphoid follicles, tonsils, and the appendix. These tissues continuously monitor the contents of the gut, including antigens from food, microbes, and other substances. Specialized immune cells, such as M cells, sample these antigens and present them to immune cells like T cells and B cells within GALT. This process triggers a coordinated immune response when harmful pathogens are detected, leading to the production of antibodies, particularly immunoglobulin A (IgA), which is secreted into the gut lumen to neutralize threats. GALT also promotes tolerance to non-harmful substances like food particles and commensal bacteria, thereby preventing unnecessary inflammation. By balancing immune defense and tolerance, GALT ensures effective protection from infections, maintains a healthy gut environment, and supports an overall balanced immune system.²

Gut-Immune Axis Support Blend

Immune Superfood's blend of ingredients was selected to nourish both the traditional and next-generation probiotics provided by Immune μ Biomic, supporting their growth and persistence while also modulating the overall gut microbiome. Balancing the populations of microbes in the gut ensures the proper concentrations of available postbiotics and metabolites, as well as protecting the health of the gut barrier. Prebiotics, the composition of the gut microbiome, and their interactions with gut-associated lymphoid tissues (GALT) create the gut-immune axis. By promoting a balanced and diverse microbiome, prebiotics enhance the immune system's ability to mount effective defenses against infections, modulate inflammatory responses, and support overall immune health, thereby creating a link between gut health and systemic immunity.³



How Immune Superfood Works

Immune Superfood supports immunological wellness with its targeted formula of plant fibers, flavonoids, fruits, herbs, and mushrooms. These ingredients reinforce the immune system through multiple mechanisms. Some select ingredients interact with gut-associated lymphoid tissues (GALT), which are crucial components of the gut-immune axis. Immunomodulation takes place through GALT, direct cellular interaction, and regulation of the microbiome. Immune Superfood's ingredients have been carefully selected to support the immunomodulatory probiotics provided by Immune μ Biomic. This sophisticated prebiotic supplement directly and synergistically enhances immune health and overall wellness.



Key Ingredients

Galacto-oligosaccharides (GOS)

GOS are a type of plant fiber that cannot be digested by the human gut. Instead, they are specifically intended for consumption by symbiotic gut bacteria. GOS have been used to promote the growth of beneficial bacteria such as *Roseburia hominis* and other members of the *Roseburia* genus.⁴ Consumption of GOS helps restructure the gut microbiome, supporting higher populations of beneficial bacteria like *Collinsella aerofaciens*, *Bifidobacterium*, *Lactobacillus*, and *Faecalibacterium*. This restructuring significantly reduces symptoms associated with lactose intolerance; this alleviation of symptoms can persist even after reintroduction of lactose into the diet.^{5,6}

Glucomannan

Glucomannan is the main component and active ingredient of a plant fiber polysaccharide derived from the tuber of the *Amorphophallus konjac* plant. It is a powerful prebiotic and gut health enhancer that increases populations of *Bifidobacterium* and *Lactobacillus* species.⁷ Additionally, glucomannan improves the health of the intestinal lining, fortifies the mucosal barrier, and helps balance the local immune system of the intestine to fight inflammation.⁸ Clinical trials have shown that glucomannan effectively increases satiety with meals and supports successfully lose weight.⁹

Resveratrol

Resveratrol is a potent immunomodulatory polyphenol found in grapes, rhubarb, mulberries, and more.

Resveratrol activates Sirt1 enzymes which activates a cascade of immune-modulatory reactions that help prevent excessive inflammation and may even help alleviate some autoimmune conditions.¹⁰ Additionally, resveratrol can act as a prebiotic, promoting the growth of beneficial microbes that produce short-chain fatty acids (SCFAs). It can also increase the production of claudin-1, occludin, and ZO-1 proteins, which are essential for maintaining intestinal barrier integrity.¹¹

Polymethoxylated Flavones (PMFs)

Polymethoxylated flavones are a type of flavonoid found in citrus fruits. Historically, citrus fruits have been used to help with gastrointestinal diseases, likely due to their high concentrations of PMFs. Recent studies show that PMFs can help heal a damaged intestinal lining, which is crucial for both nutrient absorption and immune function.¹² Research also demonstrates that these citrus flavonoids improve the integrity of the intestinal barrier, increase populations of *Bacteroides* species, and aid in regulating the gut microbiome-immune connection through the TLR2/NF- κ B pathway.¹³

Dragon Fruit Powder

Dragon fruit, also known as pitaya, is a fruit produced by cactus plants native to Central and South America. Dragon fruit oligosaccharides are superior prebiotics compared to the commonly used prebiotic inulin. These prebiotics help boost symbiotic gut bacteria such as *Bifidobacterium bifidum* and *Lactobacillus* species, which are essential for the development, education, and regulation of the immune system through the gut microbiome and gut-immune axis. Additionally, the polyphenols and flavonoids present in pitaya are capable of inhibiting the growth of multiple opportunistic pathogens in the gut.^{14,15}

Arabinogalactan Larch Extract

Arabinogalactan is a potent polysaccharide that can enhance the function of the immune system. While it is found in all plants, the highest concentrations are in larch trees, a unique type of conifer that sheds its needles seasonally, unlike other evergreen conifers. When consumed, these arabinogalactan fibers support the immune system by modulating the gut microbiome and interacting directly with gut-associated lymphoid tissue (GALT).^{16,17}

Xanthan Gum

Xanthan gum is a type of polysaccharide plant fiber that supports the gut microbiome. It specifically boosts populations of *Bifidobacterium* and helps prevent the growth of pathogenic bacteria such as *Clostridioides difficile*.^{18,19}

Resistant Starch (Potato)

Resistant starch is a special type of starch that is not digested like other starches. Typically, starches are digested and broken down into glucose molecules in the small intestine, where they can then be used for energy. Resistant starch literally resists digestion, passing through the small intestine into the large intestine, where it is fermented and utilized by good bacteria. This process allows resistant starch to function more like a fiber than a traditional starch. Common natural sources of resistant starch include coarse ground or whole grains, uncooked potatoes, green bananas, and cooked, then refrigerated grains like rice.²⁰ Resistant starch consumption has been shown to boost the growth of probiotic species such as *Bifidobacterium* and *Lactobacillus*, which in turn supports the growth of critical gut species like *Collinsella aerofaciens*.⁶

Baobab Pulp Powder

Baobab pulp, derived from the fruit of the Baobab tree native to Africa, has been shown to positively modulate the gut microbiome through fermentation.²¹

Blueberry Fruit Powder

Blueberry fruit powder offers numerous health benefits on its own. It is rich in polyphenols and antioxidants, which help counteract the effects of reactive oxygen species (ROS), including oxidative stress, inflammation, and immune system dysregulation. The polyphenols and other components in blueberries can also modulate the gut microbiome by correcting the Firmicutes/Bacteroidetes ratio, thereby supporting healthier host physiology.^{22,23}

Indian Kino Tree

The Indian Kino tree, officially known as *Pterocarpus marsupium*, is native to India, Nepal, and Sri Lanka. It is highly effective at reducing colon inflammation and mitigating mucosal barrier damage, even in cases of severe inflammatory bowel diseases. Research suggests that this effectiveness stems from its ability to alleviate excessive inflammation and protect tissues from damage through its antioxidant properties.²⁴

Turmeric Powder

Turmeric is a well known, powerful root that has been used for its numerous health benefits for thousands of years. While commonly known for its anti-inflammatory and immunomodulatory effects, turmeric also serves as a prebiotic that supports a healthy microbiome. It promotes the growth of beneficial and commensal microbes while suppressing pathogenic and opportunistic ones. Additionally, turmeric helps repair the intestinal barrier and supports the recovery of damaged or inflamed intestines caused by disease, chronic inflammation, poor diet, antibiotic use, and more.²⁵

Poria cocos (Fu Ling) Powder

Poria cocos is a traditional medicinal mushroom that has been used for centuries to support metabolism, digestion, and gastrointestinal health. Supplementing with *P. cocos* has been shown to increase the expression of tight junction proteins and enhance mucin production, both of which contribute to a stronger intestinal barrier. The polysaccharides in *P. cocos* can modulate the composition of the microbiome, promoting the growth of beneficial and commensal microbes while reducing populations of pathogenic or opportunistic microbes.²⁶

Beta Glucan

Beta glucan is a form of soluble fiber with strong prebiotic effects. In addition to its prebiotic benefits, beta glucan helps reduce cholesterol levels and glucose spikes following meals. Specifically, beta glucan increases the populations of *Roseburia hominis*, species of *Bifidobacterium*, and *Akkermansia muciphila*. The consumption of beta glucan promotes the production of propionate by beneficial bacteria, which helps lower cholesterol production. Additionally, beta glucan helps modulate the immune system both directly, by downregulating and upregulating various immune cells, and indirectly, by influencing the microbiome which interacts with and educates the immune system through the gut-immune axis.²⁷

Hesperidin Complex

Hesperidin is a type of flavonoid that is found in high concentrations in citrus fruits. When consumed, it acts as a powerful immunomodulator. Hesperidin interacts with gut-associated lymphoid tissues (GALT) to modulate immune responses, helping to prime the immune system and prevent damaging inflammation. Additionally, hesperidin influences the composition of the microbiome by increasing the populations of beneficial bacteria, including *Lactobacillus*, *Enterococcus*, *Staphylococcus*, *Bacteroides*, *Prevotella*, and *Bifidobacterium* species.^{28,29}

Tinospora Powder

Tinospora is a plant native to the tropical regions of the Indian continent that has been used in traditional Eastern medicine for many years. It is known for its ability to downregulate proinflammatory cytokines and support digestive, liver, neurological, and cardiovascular health.³⁰

Warnings/Contraindications

When used as directed there are no known contraindications for Immune Superfood.

It is always recommended that you consult your practitioner prior to adding any new supplement to your regimen if you are pregnant, breastfeeding, experiencing renal failure, undergoing an organ transplant(s), managing diabetes with insulin, or are taking medication(s) for any pre-existing conditions.

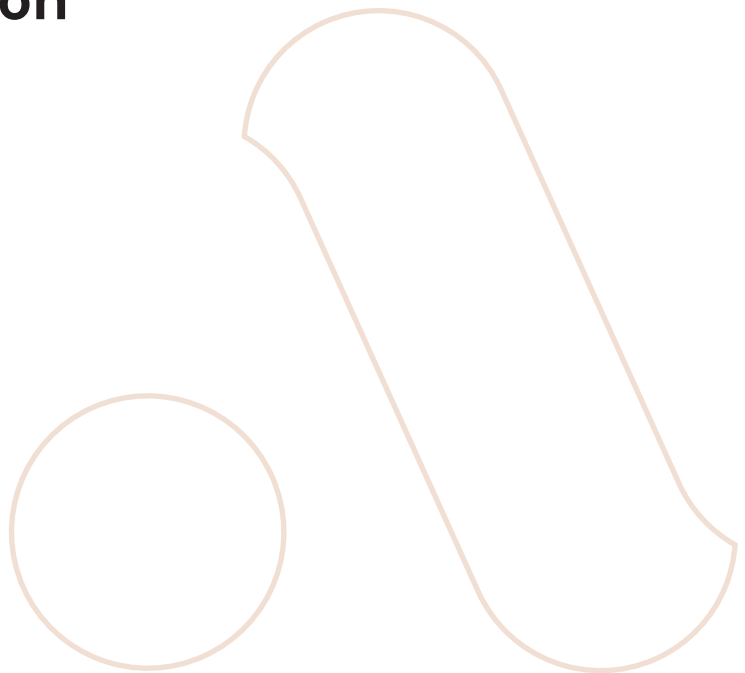
Safety

All ingredients are tested before use for:

- Pathogenic microbial contaminants
- Heavy metals and/or chemical contaminants
- Purity

Additional Information

- Gluten Free
- Dairy Free
- Vegetarian
- No Sugar
- Non-GMO
- cGMP Facility



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