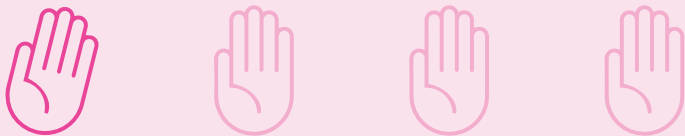


PRÖZE IMMUNITYKIT

You may think the influence of your immune system begins and ends with your ability to get sick, but healthy immunity plays a huge roll in your general wellness, including your **stress levels**, **tummy troubles**, and **tiredness**.

A WIN International poll shows that almost a quater of people consider themselves unhealthy.



With a topic as ubiquitous as your overall wellbeing, it can be hard to figure out where to start. The **PRÖZE ImmunityKit** has organized the most effective immune boosting steps to add to your daily routine, so you can **feel like a pro**.

STEPS TO BETTER IMMUNITY

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Get at least **7 hours of sleep**

Making sure your body has a chance to **rest and recover** from the day is important for your immune system to function at full strength, and ideally, **seven to nine hours of quality sleep** is required to recharge and to **keep the immune system strong**.

You may have heard about the importance of sleep before for recovering when you're sick, however, prioritizing sleep is critical for your health *all the time*. It's an important period of bodily rest that contributes to both **innate and adaptive immunity**.

Research shows the powerful effect sleep has on increasing immunity, including:



Increases production of cytokines associated with healthy inflammation



Improves the effectiveness of T cells (*immune cells*) that fight against pathogens



Reinforces the immune system's ability to remember how to recognize and react to dangerous antigens.

The best thing you can do to help your immune system perform it's best is get a full night of quality sleep, so first things first, **go to bed!**



Stay hydrated throughout the day

Hydration is the key to keeping your immune system running smoothly.

The immune system is highly dependent on the **nutrients in the blood stream**, and because blood is 90% water, dehydration means there won't be proper transport of these nutrients around the body. Staying well hydrated is important for maintaining **detoxification pathways** and making sure your body is clearing out any foreign invaders and other waste materials.

This is because the immune system is supported by the **Lymphatic system** (*drainage and sewage system*) which removes toxins, waste and unwanted materials. It also transports **infection-fighting white blood cells** throughout the body. Less water equals less lymph production and an even slower exit to its unwelcomed inhabitants.

What is *hydrated*? Nutritionists recommend drinking a minimum of half your body weight in ounces of water per day.

More than you were expecting? It can be easy for the day to pass and to realize you haven't drank nearly enough water to help your systems perform their best. **Try keeping a large water glass or water bottle near you so you have a visual cue to keep you sipping on it all day.**



Eat more *fermented food*

The bacteria that live in your **gut** have a significant impact on your immune system.

The immune system is particularly interconnected with gut bacteria—most of the human microbiota resides in the gut, and as it turns out, so does 70-80% of the body's immune system.

The gut and the immune system support one another to **eliminate harmful pathogens** and promote a healthy body, which is why it's important to provide balance and diversity to the helpful bacteria that live in your gut, like **probiotics**.

Fermentation promotes the growth of beneficial probiotics because the fermentation process allows for a **diverse collection of helpful bacteria** to multiply and grow on the foods. Eating fermented foods introduces these helpful bacteria to your gut, where they help maintain a healthy immune system by facilitating the **expansion of T cells** (*immune cells*).

Basically, due to their high probiotic content, fermented foods can give your immune system a boost, reduce your risk of infections, and may even help you recover faster when you're sick.

Additionally, many fermented foods are rich in **vitamin C, iron, and zinc** — all of which are proven to contribute to a stronger immune system.



Spend time *outside*

More and more studies are revealing the benefits of having plenty of vitamin D. “**There is a vitamin D receptor on every one of our cells,**” says Michael F. Holick, PhD, MD. “**And those receptors are there for a reason.**” Actually, many reasons—all of our bodily functions seem to rely on the nutrient.

During a recent study, researchers at the **Yale University School of Medicine** discovered that people with high levels of vitamin D got sick about half as often as people with low levels. And when they did fall ill, they recovered in fewer days.

The reason: Vitamin D instructs your white blood cells to manufacture a protein that kills infections.

However, 53% of women, 41% of men, and 61% of kids have insufficient levels of vitamin D. **Getting out in the sunlight** more regularly is a great way to not only increase vitamin D, but also **decrease stress**, which also has notable effects on the immune system.

Stress creates a hormone in your body called **cortisol**, which suppresses the immune system’s effectiveness in fighting off invaders by lowering the number of **lymphocytes** present in the blood and interfering with normal **white blood cell communication**.



PLACE A FULL DROPPER OF **SHIELD** UNDER TONGUE FOR 20 SECONDS

To get the most out of SHIELD, **refrain from eating or drinking after use for at least 10 minutes**- this gives the product ample time to absorb into your system.

You can use SHIELD therapeutically to to **defend your body against stressors** throughout the day. For this, take 1 full dropper upon waking up, and **1 full dropper every 4 hours**, or as often as comfortable.



SHIELD manages inflammation

You need balance your immune response to mitigate overreactions to stressors. Working with the Endocannabinoid System, **SHIELD** manages and regulates inflammation, the most powerful immune defense.



SHIELD strengthens the adaptive immune response

You need to set up your natural adaptive immune response for success. Using a blend of adaptogens, **SHIELD** supports your body's ability to adapt and learn from stress.



SHIELD detoxifies and neutralizes stress

You need constant removal of waste and toxins for your immune system to work efficiently. By blending potent antioxidants, **SHIELD** allows your body to detoxify pathways for a quicker immune response and recovery.