

Consumer information



The Immune System

The immune system is an intricate network of specialised tissues, organs, cells, and chemicals that work together to defend the body against attacks by 'foreign' invaders.

The immune system can recognize and remember millions of different enemies, and it can produce secretions and cells to match up with and wipe out nearly all of them.

These substances allow the cells to regulate their own growth and behaviour, recruit other immune cells, and direct them to trouble spots.

Symptoms of decreased immune function may include frequent colds and flus, recurring parasitic infections, initially mild infections that may become serious, and opportunistic infections (infections by organisms that are usually well controlled by a healthy immune system).



Staying Healthy

It's true that you are what you eat, but your health is also a reflection of what you do. That's why making healthy lifestyle choices can drastically affect your ability to keep illness at bay.

Even if you never eat junk food or miss meals, your body may still need a bit of help getting all the nutrients it needs to stay strong, because many of the refined foods in a typical Western diet have been depleted of various vitamins and minerals. This is where a good multivitamin may help.

Prevention

In addition, boosting your intake of the nutrients below may help prevent marginal deficiencies that could lower your immune system defences, potentially making you more susceptible to infections:

- Vitamin C
- Zinc
- Vitamin D
- Probiotic

SUPPORT YOUR IMMUNE SYSTEM

- Exercise regularly
- Limit alcohol, caffeine and sugar
- Eat plenty of fruits and vegetables
- Drink lots of water
- Don't miss meals
- Relax and get enough sleep



SANDERSON[®]



Why choose **SANDERSON®** ViraMAX?

SANDERSON ViraMAX™ is a high strength formulation combining four of the best researched herbal extracts known to support the body's immune response.

This complex is designed for the management of acute upper respiratory tract conditions and other similar ailments, particularly those common in winter.

Research supports the combined use of Elderberry and Echinacea as an effective early intervention in seasonal illness.

Olive Leaf has a long history of traditional use as an anti-infective and modern research has identified polyphenols as the active components.

Andrographis has centuries of use in traditional Indian and Chinese medicine and modern herbal medicine for the management of severity and duration of symptoms.

ViraMAX™ may be taken in early stage acute symptoms or as a daily maintenance dose.



EACH TABLET CONTAINS:

Elderberry (<i>Sambucus nigra</i>) 10:1 extract equivalent to dry fruit	5000mg
Olive Leaf (<i>Olea europaea</i>) 10:1 extract equivalent to dry herb.....	2500mg
<i>Echinacea purpurea</i> (whole herb) 10:1 extract equivalent to dry herb	2000mg
<i>Andrographis paniculata</i> 10:1 extract equivalent to dry herb.....	1000mg

Dosage

Acute Stage: 1-2 tablets per day with food for 5-7 days or as professionally prescribed. For best results start taking at the first sign of symptoms.

If taking two tablets, take morning and evening.

Maintenance: 1 tablet per day or as professionally prescribed.

CONTRAINDICATIONS: There are no known interactions with medicines. In rare cases some people with a daisy allergy may react to Echinacea. Not to be taken while pregnant or breastfeeding.

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