

Vol. 1 Issue 1

The Wellness Journal  
from Immunotec

# SUPER IMMUNITY!

Get in Your Best  
Shape Ever



7 BIO-HACKS TO STRENGTHEN YOUR IMMUNITY  
NATURE'S FOUNTAIN OF YOUTH  
TRAIN LIKE AN OLYMPIAN!



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## 7 Bio-Hacks to strengthen your immunity

To stay healthy and strengthen your immune system, it is essential to make small constant changes to turn them into habits, which will provide you with vitality, well-being and better health. Here are our favorite bio-hacks for doing that.

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## Get in your best shape ever...

Changes don't happen overnight. According to famous author Maxwell Maltz, making changes and getting used to them requires a minimum of 21 days. If one of your goals is to be in shape, we invite you to follow these wellness tips and achieve a better version of yourself in 21 days.

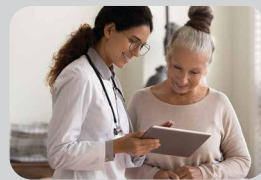
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## Unleash Your Genius!

Environmental toxins, stress, lack of sleep, poor diet and the aging process may all affect memory, focus, and overall cognitive performance. Check out this innovative "smart chew" that supplies eight nootropic ingredients to protect, maintain, and improve your cognitive health.

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## The mysterious Biomolecule that controls immunity and aging

The researchers at Immunotec discovered a stunning connection between a peptide contained in all human cells and the secret of immune response, even anti-aging. It's the closest thing to the fountain of youth ever discovered.

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## Nature's fountain of youth

Glutathione, present in every cell in your body, is vital for good health and considered to be the master antioxidant. But the true breakthrough potential wasn't revealed until the researchers at Immunotec discovered an isolate that regulates glutathione levels and promotes immune-enhancing activity.

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## Boost your "survival" gene...

Discover the first natural energy booster with the most powerful Nrf2 activator, to boost your "survival" gene and cope with the rigors of strenuous physical activity.

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## Healthy Immunity Begins in the Gut!

Immunity and general wellness begin in your digestive track. Your digestive track allows your body to process the food you eat, absorb nutrients, and eliminate toxins. Unfortunately, the large quantities of refined, processed, and toxin-laden foods we consume today adversely effects this sensitive microbiome, leading to multiple health challenges including indigestion, both diarrhea & constipation, bloating, and gas. Find out what you can do about it.

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## Enjoy a Healthy Prostate and Libido

Good sexual health is vital to your overall wellness. Here's a safe and natural super formulation to support your prostate health. This proprietary formula includes saw palmetto berry extract, ginkgo biloba, ginseng, damiana and muira puama. These potent ingredients are known worldwide for their ability to help with enlarged prostate-related problems, sexual dysfunction, urination difficulties, and low libido.

# Join the Wellness Revolution...



**You don't need me to tell you – the world is facing many challenges to our health, happiness, and prosperity right now.**

On the health front, obesity and many illnesses are not just common, but becoming actual epidemics. Healthy foods are disappearing and being replaced by nutrient-deficient substitutes and drive-through combo meals. We've become the most overfed but malnourished generation in human history.

As far as happiness goes, there are far too many unhappy people in the world today! Millions are overcome with stress and anxiety. We're all overwhelmed with too much information, overstimulation, and toxic social media. We all need more quality time with loved ones, relaxation, and simple pleasures in life.

As far as prosperity, sometimes it seems like the whole world is under attack. Technology and advances in automation are disrupting entire industries and eliminating millions of jobs. Recent epidemics have arguably created as much economic devastation as they have health hardships. Millions of people are struggling with health challenges, financial challenges, or sadly, both. Yet at this exact moment we're living in the greatest time in human history.

This calamitous transformation is creating new and more daunting challenges. But those challenges present the greatest opportunities...

Advances in science, medicine, and nutrition are offering breakthroughs in longevity, health, and wellness. Technology is creating new business models and re-creating old ones.

At Immunotec, we're a different kind of company. We're committed to finding answers to some of the critical problems the world is facing right now – and looking for ambitious, passionate people who want to make a difference. Happiness, celebration, and community play an integral part in everything we do.

Seven years ago, I was working in the corporate world and came across Immunotec. It was one of the first health-tech start-ups, before health-tech startups were cool. They had attracted a fiercely loyal following of customers but were still one of the best kept secrets in the wellness community.

I was so amazed by the work the company was doing, I led an investment group to take the company private – and inject the necessary resources for the Immunotec scientists to focus on more cutting-edge research relating to the immune system. We're determined to create a global movement to expand awareness of the role nutrition plays in strengthening immunity and optimizing overall wellness.

Along the way, our team has published hundreds of scientific articles, worked with more than 125 medical and educational institutions, and appeared in more than 80 published research studies. This research evolved into the "north star" guiding principle for all Immunotec product development: our proprietary Immunotec Immune Strengthening Protocol or ISP.

The philosophy behind the ISP is simple, yet profound: Instead of concentrating on treating diseases and illnesses after the fact, we believe it's better to nourish your body with specific nutrients that allow you to maintain a healthy immune response. Anyone who wants to sleep better, increase their energy, and enjoy better wellness will benefit from daily consumption of these powerful formulas.

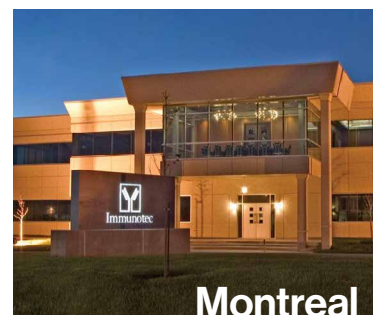
**If you believe we are meant to live lives of health, happiness, and prosperity...**

**If you're looking for something bigger than yourself to be a part of...**

**If you're ready to take action and make real change happen...**

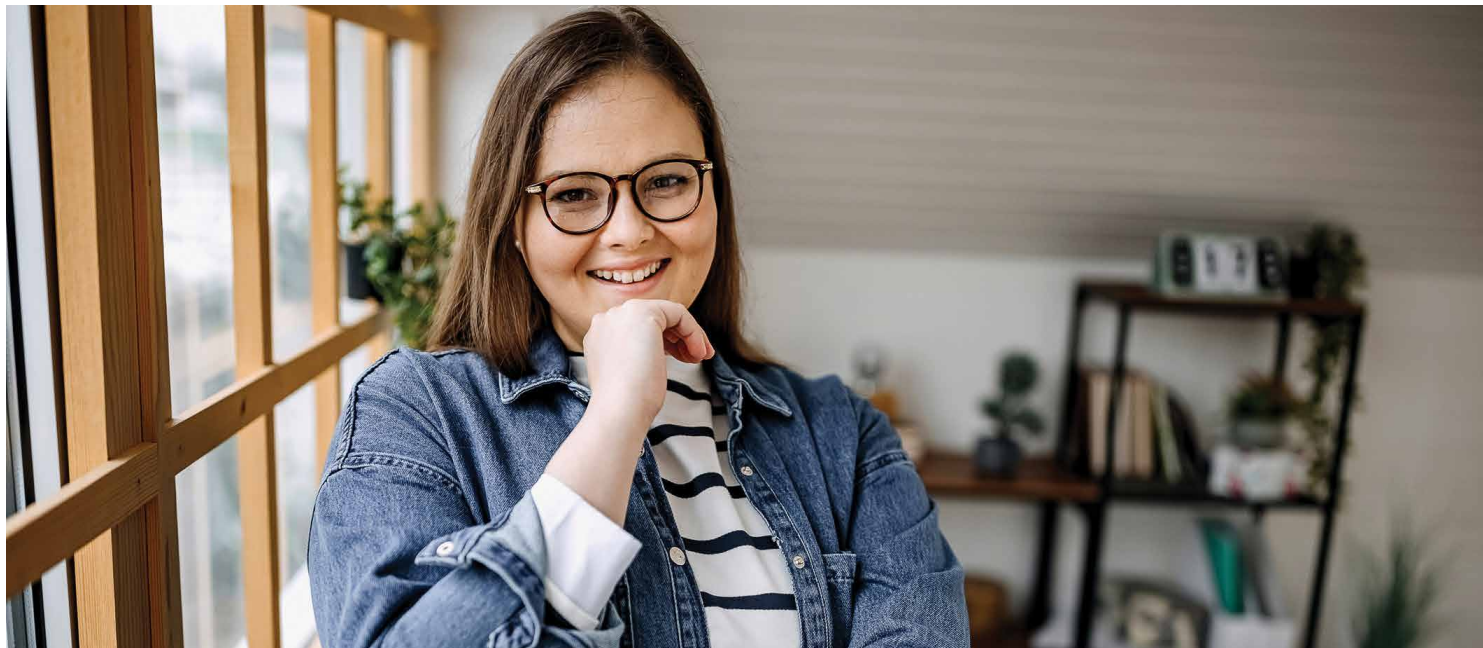
We'd love to have you as part of the ever-growing Immunotec worldwide family!

— **Mauricio Domenzain**  
CEO, Immunotec



# 7 Bio-Hacks to Strengthen Your Immune System

By: Carolina Moreno



Eating healthy, staying hydrated and having a quality night's rest are some key recommendations to have a strong, natural defense system.

Our current lifestyle often plays against us. It is common that we are always on the run, full of stress, or that we sit for hours without practicing any physical activity. In addition, bad eating habits - such as doing long fasts or consuming high-calorie meals - or the lack of sleep - which should reach seven continuous hours - don't allow us to have healthy routines that help our body cope with the everyday demands of actual society.

An article in the prestigious journal Cell Metabolism explains how the immune system is not only the best defense against external threats such as pathogenic microbes, but also states that a strong immune system is key to maintaining the overall proper functioning of our entire body.\*

This is why we suggest the following 7 bio-hacks to strengthen your immune system, activate your defenses in a natural way and start living better:

## 1 Quality Rest and Better Sleep

1 Having a good sleep habits allow you to get more effective rest. Keep a consistent sleep schedule, eliminate as much light as possible and avoid using your cell phone in bed. You can also avoid caffeine and heavy meals; wear comfortable clothing and set a cosy temperature for the room. This will cause your body to start producing melatonin, an essential hormone to induce sleep.

## 2 Proper Nutrition

2 A balanced diet emphasizes rich nutrition in protein, healthy fats, vitamins, minerals, fiber, and antioxidants. As for carbohydrates, try to ingest some from whole sources and the least processed possible. Avoid the abundant consumption of refined carbohydrates such as white flour or added sugars.

## 3 Hydration

3 Your body is made up mostly of water. Therefore, hydration is necessary to be able to function in optimal conditions. The recommended amount is at least two liters of liquid per day that can include: natural water, mineral water, tea, and any other drink that contains minerals and / or electrolytes.

## 4 Stay Active!

4 Physical activity dramatically improves your well-being, helps you maintain a healthy weight and allows you to manage stress. The release of endorphins that exercise produces gives us a feeling of well-being and makes us feel more energetic and in a better mood. Find the exercise of your choice, no matter what it is or where you do it, but do it for at least 30 minutes a day, five times a week.

## 5 Stress Management

5 The fast pace of current lifestyles keeps us in a state of alert and stress. Practicing activities like meditation, mindfulness, or even keeping a journal can help you lower your stress and take care of your immune system.

## 6 Cleanliness and Hygiene

6 Infectious diseases transmit bacteria, viruses, fungi, or parasites through contact with someone or something infected. To avoid transmission, we recommend that you wash your hands frequently; stay home when you are sick; avoid sharing personal items and prepare food safely.

## 7 Lean on Something Extra

7 Scientific advances have confirmed that if we put emphasis on the consumption of certain nutrients or active ingredients from food, we can achieve amazing effects beyond the nutritional one. For example, consuming a supplement focused on vitamin C or D, Omega 3 fatty acids, antioxidants, among others, can strategically contribute to strengthening the immune system.

Keep in mind that in order to stay healthy and strengthen your immune system, it is essential to make small, consistent changes, turning them into healthy habits. They will provide you with vitality, well-being, and better health, helping you stay protected.

\*<https://www.sciencedirect.com/science/article/pii/S1550413117300967>

Colombian journalist and social communicator, Carolina Moreno, is passionate about Network Marketing, wellness and the constant search for a better life. She currently lives and works in Mexico. Before writing, she worked as a professional dancer.

# SUPPORT YOUR IMMUNITY WITH THIS 5-IN-1 POWER FORMULA!

Why spend a fortune on separate crucial supplements when you can get five of the best components for fighting free radicals, and maintaining healthy heart, brain, and immune function – all in one convenient capsule? Omega Gen V gives you Omega-3 fatty acids, CoQ10, turmeric, vitamin E, and piperine. This might be the best value in all of nutrition!

## Omega Gen V

- Helps support cognitive health, mood, and brain functions\*
- Is formulated for maximum bioavailability\*
- Helps maintain and support cardiovascular health\*
- Assists in support of immune function\*
- Contains no preservatives, artificial flavors, or colors
- Helps support eye health\*
- Is gluten-free, easy to swallow, and has no fishy aftertaste!

### The Power-Packed 5-in-1 Immune Power Formula!

- 1) Omega-3 fatty acids (EPA and DHA)
- 2) CoQ10
- 3) Turmeric (Curcumin)
- 4) Vitamin E
- 5) Piperine

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# THE ULTIMATE IN DAILY NUTRITION!

Why settle for an ordinary multi-vitamin that provides only the minimal Recommended Daily Allowance (RDA)...When you can have a super formula scientifically formulated to provide the Optimal Daily Intake (ODI)?

Other multivitamins are designed only to prevent vitamin-deficiency disease. Immunotec's Multi+ Resveratrol is designed for amplifying wellness. It's the ideal blend of 13 vitamins, 5 minerals, and 3 nutrients, including Chlorella algae and Resveratrol. Resveratrol is renowned for its antioxidant, anti-inflammatory and anti-aging benefits. This is no simple multivitamin; it's designed for ultimate performance. Just compare the amount of each vitamin to any store-bought brand and you'll see there's no comparison!

## Multi+ Resveratrol

- Provides truly efficacious antioxidant and immune system support\*
- Contains 21 vitamins, minerals and nutrients\*
- Helps your body metabolize carbohydrates, fats and protein\*
- Provides support for a healthy glucose metabolism\*
- Helps in the development and maintenance of bones, cartilage, teeth and gums\*
- Fills dietary gaps and boosts energy\*
- Promotes overall wellness and health\*

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# 21 DAYS TO GET IN PEAK SHAPE

By: Carolina Moreno

Do you find that no matter how hard you try to change your routine or improve your habits and lifestyle, it's not getting easier? Don't be overwhelmed! This happens to most of us.

Changes don't happen overnight. According to famous author Maxwell Maltz, making changes and getting used to them requires a minimum of 21 days so that little by little, it becomes a routine.

All changes are gradual and can only be accomplished with discipline. If your goal is to be in shape, we invite you to follow these wellness tips and achieve a better version of yourself in 21 days.

SUPER IMMUNITY!



## KNOW YOURSELF AND SET YOUR GOAL...

Starting with a self-awareness process is key to determining your goal. Take 15 minutes out of your day to start this process. Do it without interruptions, becoming aware of your strengths and your limits.

Then set your goal, following the SMART method. Make sure it is:  
**Specific** - clear and concrete  
**Measurable** - quantitatively  
**Achievable** - challenging and defined to be achieved  
**Realistic** - consider your potential and the resources you have to achieve it  
**Timely** - it is essential to establish times to fulfill it

## EAT WISE AND HEALTHY

Yes, we know that achieving this habit is quite difficult. But it's not about restricting yourself or counting calories. Make sure you start a conscious eating process, where you know what you are consuming. Educate yourself to read the nutritional tables, listen to your body and give it what it really needs. This way, you will achieve a habit that lasts more than 21 days; You will make it a lifestyle!

## STAY ACTIVE

Exercise is one of those practices that leads you to virtuous circles: once you start, it is much easier to maintain the routine.

It's not about overwhelming yourself by exercising for longer periods of time. To achieve your goal, it is much more effective to increase the intensity of the exercise, than the time of the same. Measure your results consciously and gradually increase the intensity when you see that it becomes easier to do what you are doing.

Colombian journalist and social communicator, Carolina Moreno, is passionate about Network Marketing, wellness and the constant search for a better life. She currently lives and works in Mexico. Before writing, she worked as a professional dancer.

Also, avoid repeating the same exercises every day. Switch your muscle group routine, the type of activity, and allow yourself at least one day a week to rest.

## GET MOTIVATED AND VISUALIZE THE REWARD

At first, it will be easier to remember why you are shifting your habits, but as time goes on, inspiration may start running low. Do not let this happen! Keep reminders to help you go on: put alerts on your cell phone, set aside a few minutes a day to remember why you are doing it.

If at any time you are tempted to give up, imagine how everything will improve thanks to the new habit or change you are looking for. Think about the benefits and positive outcomes that you are about to achieve.

Even if it seems that you have travelled a long way and you feel that you still have tons of work to do to reach the goal, remember that each person has their own rhythm, and you are gradually getting used to a new lifestyle.

After reaching 21 days, you will notice a considerable change in your well-being and energy. It is in this moment when you realize that your initial challenge is now a healthy routine that will lead you to get in your best shape!

*"We are what we repeatedly do. Excellence is not an act, but a habit"*

— Will Durant

# UNLEASH YOUR GENIUS!

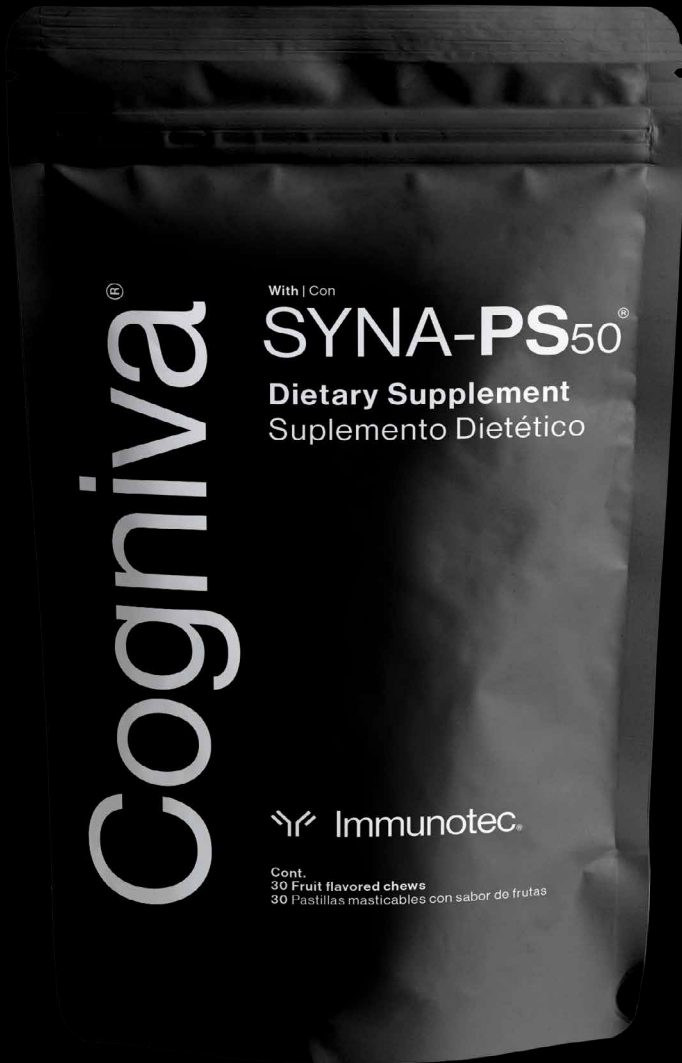
Environmental toxins, stress, lack of sleep, poor diet and the aging process may all affect memory, focus, and overall cognitive performance. Cogniva with SYNA-PS<sub>50</sub> is an innovative 'smart chew' that supplies eight nootropic ingredients to protect, maintain, and improve your cognitive health. (Nootropics – also called cognitive enhancers – include substances that improve cognitive function, memory, creativity, or motivation.)

Whether you're elderly, a student cramming for exams, or just someone looking for improved focus and concentration – Cogniva is just what you need. Take a look at some of the ingredients and what they do:

- **SYNA-PS<sub>50</sub>:** (Phosphatidylserine) has been studied extensively for its role in memory and cognition.
- **Chromium Picolinate:** increases brain glucose transporters, providing neural energy.
- **Vanadium:** is an essential micronutrient for normal neurochemical metabolism.
- **Choline:** is a critical component of brain cell membranes and neurotransmitters.
- **Boron:** is a trace element involved in neuronal energy utilization.
- **Both Folate and Vitamin B12:** in their "methylated" forms for heightened brain absorption and efficacy.
- **Green tea:** provides natural caffeine for alertness.

## Cogniva with SYNA-PS<sub>50</sub>

- Elevates mental sharpness and acuity\*
- Helps improve alertness and concentration\*
- Supports long-term brain health\*
- Helps improve overall cognitive performance\*
- Enhances memory\*



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



- Stress  
+ Benefits

## New K-21+

The product you already know and love is back and completely renewed!



### 6 new ingredients

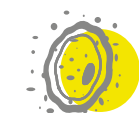
- + Acai Berry
- + Cranberry
- + Broccoli
- + Acerola Cherry
- + Spirulina
- + Shiitake Mushroom

Nourish your body and strengthen your immune system with a daily dose of Knutric+, an exceptional mix of phytonutrients containing Rhodiola, widely known for its powerful adaptogens. In addition, its mineral complex with potassium, iodine, magnesium, boron, and 6 new ingredients rich in bioactives will help you strengthen your natural defenses.

Now with **3 new benefits** that you will love:



Includes a great variety of potent antioxidants



Provides reinforcement to fight oxidative stress and inflammation\*



Supports the strengthening of your immune system\*

### New K-21+

- Adaptogens help your body adapt and fight physical, chemical, and mental stress.\*
- Reduces mental fatigue.\*
- Improves physical and mental performance.\*
- Potent antioxidant effect.\*
- Provides reinforcement to fight oxidative stress and inflammation.\*
- Provides vital minerals to boost your metabolism.\*
- Support for the strengthening of your immune system.\*
- Gluten and paraben free.
- No artificial flavors or sweeteners.
- Vegan and with a delicious mango-peach flavor

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# The mysterious **biomolecule** that controls immunity and aging.

There may be no function of your body more vital for good health than your immune system. It determines your ability to fight infection, disease, and the degenerative effect of aging. The researchers at Immunotec discovered a stunning connection between a peptide contained in all human cells and the secret of immune response, even anti-aging. That substance is a biomolecule called **glutathione**.

Today, glutathione, present in every cell in your body, is considered the master antioxidant. But the true breakthrough potential wasn't revealed until the researchers at Immunotec discovered a protein isolate that optimizes glutathione levels and promotes immune-enhancing activity. Their research, supported by numerous studies since, revealed that glutathione plays a key role in anti-aging at the cellular level.

Glutathione is essential for energy, preservation of youth, and most importantly, a healthy immune system. It's the closest thing to the fountain of youth ever discovered. In fact, there is irrefutable scientific correlation between aging and reduction of Glutathione in the cells. Glutathione is nature's way, to slow down the aging process and maintain vibrant health.

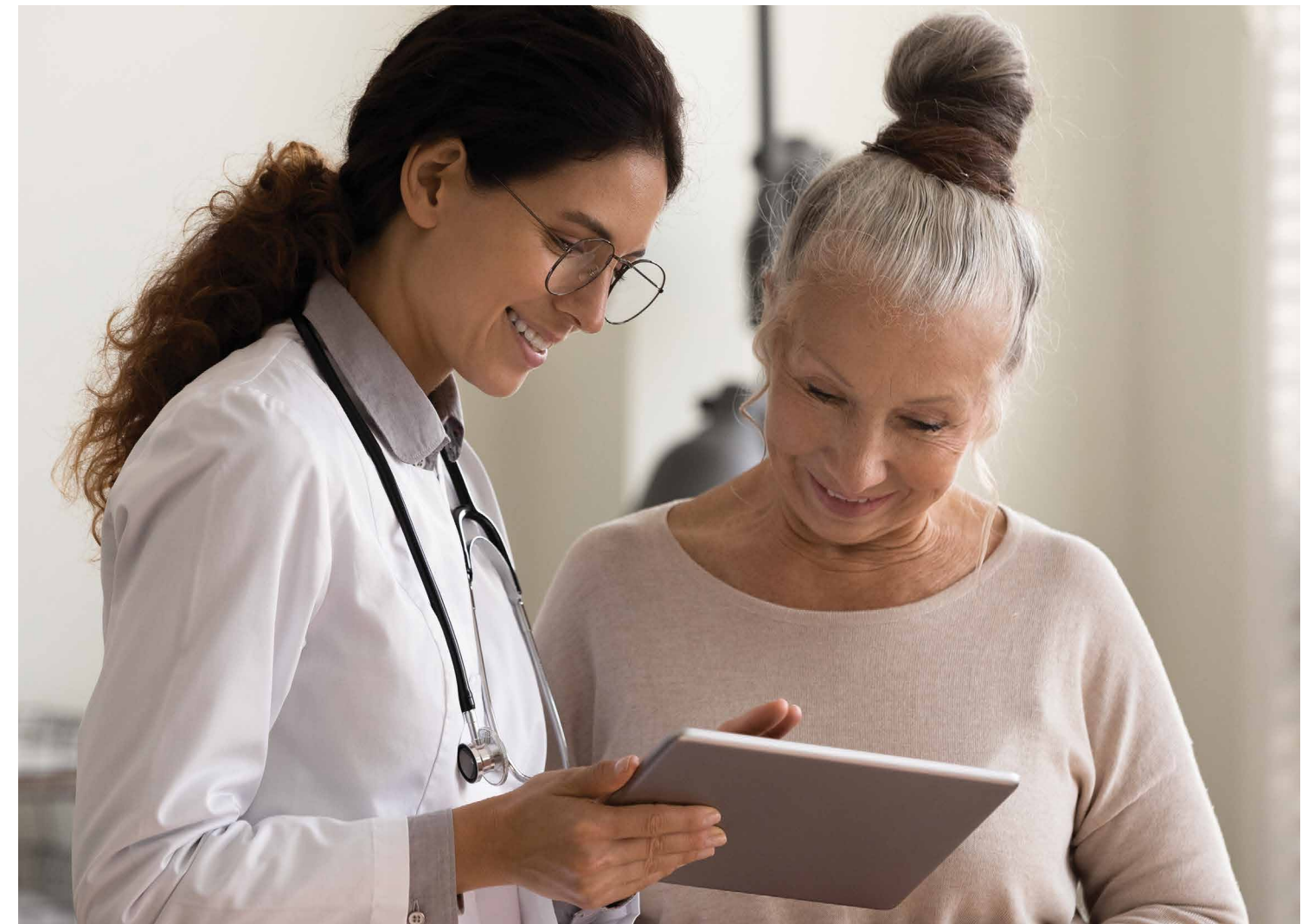
As you age, your glutathione levels go down and other factors like oxidative stress and bad diets can mean your body is unable to produce a good glutathione biosynthesis. And unfortunately, glutathione cannot be supplemented in pill or tablet form.

These pills and tablets are broken down in your digestive track and very little if any of the glutathione reaches your cells where it's needed.

To raise glutathione levels effectively, your body needs precursors...

The researchers at Immunotec cracked the code with a natural source of glutathione precursors. By delivering this delicate protein to the cell, it enables your body to increase the glutathione in your cells and optimize immune system levels. This is an amazing scientific breakthrough with life-changing potential for everyone, adults and children.

Using this research, the scientists at Immunotec produced the proprietary **Immunocal** supplement line.



# Strengthen Your Immunity!

## The Immunocal supplements:

- Contain a unique, specially formulated natural protein that has been clinically demonstrated to help maintain a strong immune system\*
- Protect against oxidative stress and free radicals\*
- Supply the rare building blocks or precursors for your cells to make glutathione\*
- Include all the essential amino acids required by your cells and tissues for the maintenance of good health\*
- Contain the highest biological value (BV) of any edible protein
- Are fat-free, gluten-free, sugar-free, antibiotic-free, and well-tolerated by lactose intolerant individuals
- Help increase muscle strength and performance when combined with regular exercise\*
- Assist in the building of lean muscle when combined with regular training and a healthy, balanced diet\*
- Help build and repair body tissues and build antibodies\*
- Help your body detoxify\*
- Supply other peptides important for many aspects of your health\*

### Are backed up by

More than  
**45**  
years of  
research



More than  
**80** Research  
studies

**78**  
Number of  
issued patents



## Choose from three versions of Immunocal:

### Immunocal

Is Immunotec's flagship glutathione precursor, which has the highest BV of any edible protein. It is the first natural protein supported by patents that is clinically proven to raise glutathione levels in humans.\* Immunocal maintains a strong immune system, helps build antibodies, detoxifies, and protects against oxidative stress and free radicals.\* A natural product both adults and children can benefit from.\*



### Immunocal Platinum

Contains all the natural goodness of Immunocal, and two additional components. Cytokine Modulating Peptides (CMP)<sup>™</sup> and Redox Modulating Formula (RMF)<sup>™</sup>. These two components help to lower acidity levels in the body and support its natural pH balance, reduce inflammation, protect against cell damage, and strengthen bones by preventing calcium loss.\*



### Immunocal Sport

Combines immune-enhancing technology with cutting-edge sports nutrition. Immunocal Sport allows athletes – both amateur or professional, beginner or Olympian – to prime their immune system, boost performance, and recover faster.\* This powerful formula reduces muscle soreness, and has been clinically proven to increase muscle mass, improve both muscle strength and endurance.\*



Non-GMO



Gluten-free



No artificial  
flavors



Antibiotic-free

orreco

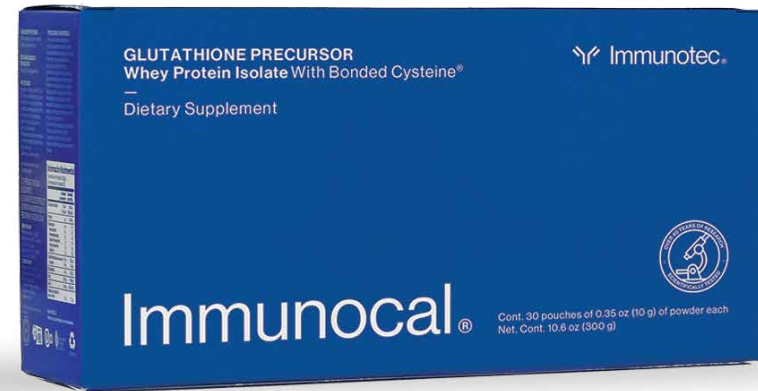


SPORT

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**Immunocal** is one of the most important supplements you will ever take!

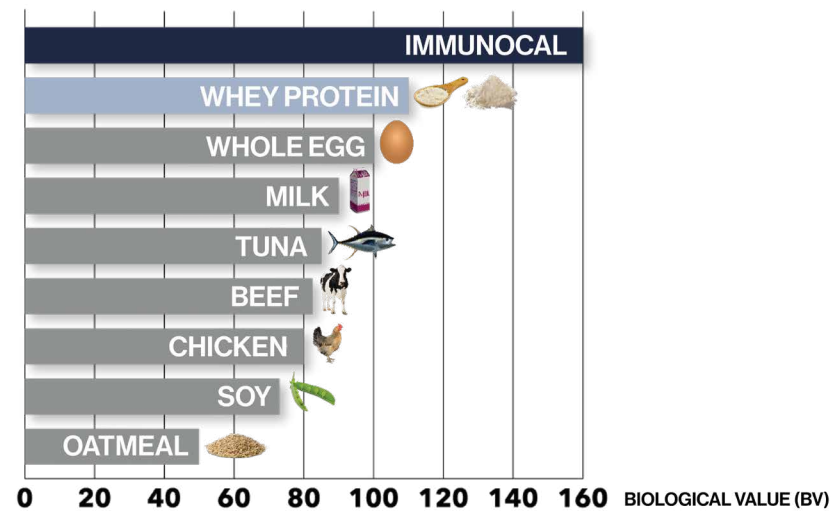


This bold statement is backed up by 5 important facts:

- 1) By raising glutathione, Immunocal has been proven to help maintain a strong immune system.\*
- 2) Immunocal has achieved global recognition with patents in the U.S., Canada, and around the world.
- 3) Both the Physician's Desk Reference (PDR) and Compendium of Pharmaceutical Specialties (CPS) have listed Immunocal for more than 25 years
- 4) Many of the world's elite athletes (and millions of amateur ones) use Immunocal to help achieve peak performance.
- 5) Immunocal has the highest protein value.

**BIOLOGICAL VALUE (BV) OF SELECTED PROTEINS**

A higher BV level means a protein is more easily absorbed by the body.



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# Nature's fountain of youth

**Glutathione** is required for dozens of vital roles in your metabolism.

Here are four key areas:

- 1**

**Glutathione is the master antioxidant produced by your body.**

Free radicals are a prime cause of degenerative diseases. Antioxidants are your body's natural defense for free radicals, and glutathione is the major antioxidant that aids in free radical scavenging. Other antioxidants such as vitamins C or E don't work properly when glutathione is not present.
- 2**

**Glutathione keeps your immune system strong.**

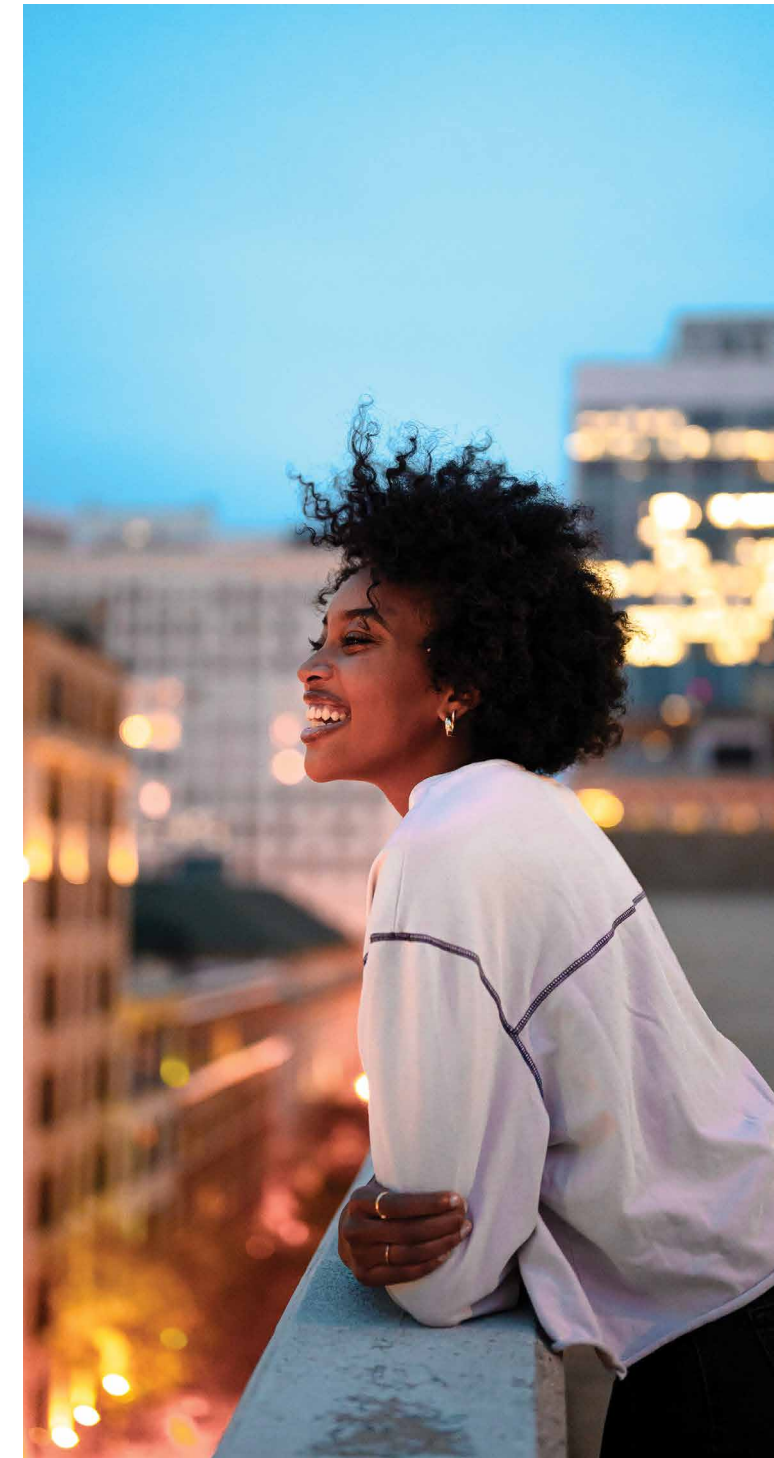
You need glutathione to maintain normal functioning of your immune system because without it, defenses become weakened.
- 3**

**Glutathione is vital for detoxification of your body.**

Glutathione plays a pivotal role in detoxifying heavy metals, pollutants and toxins you face daily. Among other methods, glutathione can bind to these toxins, transforming them into a form that can be excreted by your body.
- 4**

**Glutathione keeps your "power plant" generating.**

The major source of energy produced in our cells is derived from tiny structures called mitochondria. These mitochondria would burn up without the presence of glutathione.





# SUPERCHARGE YOUR ANTIOXIDANTS!

This proprietary formula is designed to activate your critical Nrf2 survival gene. When this gene is switched on, not only does it supercharge glutathione, but it makes all your antioxidants work better. Our exclusive Nrf2 Catalyst™ one of the most effective Nrf2 switches on the market today. \*This makes Immunocal Booster Reds & Greens the perfect complement to any of the three Immunocal formulas.

Immunocal Booster is enriched with more than 50 organic fruits and vegetables that provide essential nutrients, and it's naturally sweetened. Never worry about getting your recommended doses of phytonutrients again!

## Immunocal Booster Reds & Greens:

- Helps boost all antioxidants\*
- Assists in enhancing glutathione activity\*
- Helps reduce oxidative stress\*
- Contributes to the normal function of the immune system\*
- Reduces inflammation\*
- Supports your body's natural detoxification\*
- Supplements your diet with vital phytonutrients
- Is low in calories and tastes great

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# CREATE HEALTHY, SUSTAINED ENERGY & FOCUS!

You've just discovered the healthy energy alternative. Instead of the quick burst/hard crash of most energy drinks, this tasty alternative kicks in within 15 minutes and lasts up to six hours.

Immunocal Booster Energy Performance is powered by our exclusive Nrf2 Catalyst™ to boost both your glutathione levels and your total antioxidant power, to provide healthy, sustained energy and focus.\*

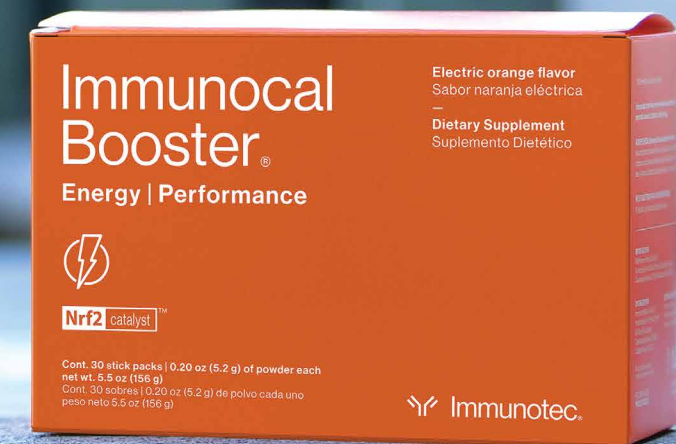
This is the first natural energy booster with one of the most powerful Nrf2 activators, to boost your "survival" gene and cope with the rigors of strenuous physical activity. Thanks to the proprietary blend of three natural sources of caffeine (green tea leaf extract, green coffee bean extract, and guarana seed extract), you can achieve optimal performance. Enriched with Selenium and vitamins C and B12, which help reduce tiredness and fatigue and protect against oxidative stress.\*

## Immunocal Booster Energy Performance:

- Helps boosts your energy\*
- Assists in stimulating your "survival" gene\*
- Helps supercharge glutathione and antioxidant power\*
- Improves your focus\*
- Supports alertness\*
- Helps decrease fatigue\*

*"The discovery of Nrf2 gene activation may be the most important advancement in the science of glutathione metabolism in 20 years."*

– Dr. Jimmy Gutman



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# TRAIN LIKE AN OLYMPIAN!



It doesn't matter whether you're an elite endurance athlete, weekend warrior on the soccer field, gym rat, legend in your football league, or an actual Olympic athlete. The secret to winning results is better training. And the best training can only happen when your body is getting the nutrients it needs for peak performance and adequate recovery.

Now you can train with the same scientifically-proven performance formulas that Olympic and other world class athletes use. These Ambassadors trust Immunotec and the 45 years of research behind the products. Take a look at a few of the elite athletes from around the globe who include Immunotec products in their training and recovery regimen.

IF ELITE ATHLETES LIKE THESE TRUST IMMUNOTEC PRODUCTS, IMAGINE WHAT THEY CAN DO FOR YOUR PERFORMANCE AND YOUR RESULTS.



**Joanna Muir**   
Olympian

"I use Immunocal as a staple part of my nutrition plan around hard blocks of training...I really believe Immunocal has helped keep me fit and healthy over the last few years and has allowed me to train to my full potential."



**Hassan Mead**   
Olympian

"I was introduced to Immunocal products as a nutrition tool to enhance and increase recovery during vital training periods and competition. Immunocal has been part of my daily routine in preparation for championships and as recovery tool in post competitions."



**Kate French**   
Olympic Gold Medalist

"Regardless of where in the world I'm competing, I know can rely on Immunocal products to keep me healthy and let me focus on the competition in hand."



**Olivia Apps**   
Olympian

"Immunocal is a supplement that I have taken most consistently throughout my career as a professional athlete. It is a great supplement for my immune system as well as an extra boost of protein. Staying healthy has allowed me to optimize my training, without missing any sessions or worrying hard training affecting my immune system."



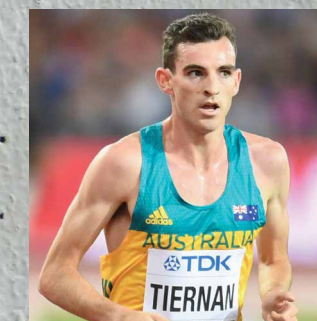
**Hanna Green**   
Olympian

"Using Immunocal helps me to improve my recovery between both sessions and races, allowing me to compete at a world class level."



**Jake Heyward**   
Olympian

"I implemented Immunocal since returning from injury and I've found that it has helped me recover better from training sessions. By boosting my immune system, Immunocal has allowed me to become more consistent with my training."



**Patrick Tiernan**   
NCAA Champion

"Within a week or two of using Immunocal, I was coming into sessions feeling fully recovered. This improved recovery process allowed me to complete the training necessary in the lead up to my Australian record 10,000 m in December of 2020."

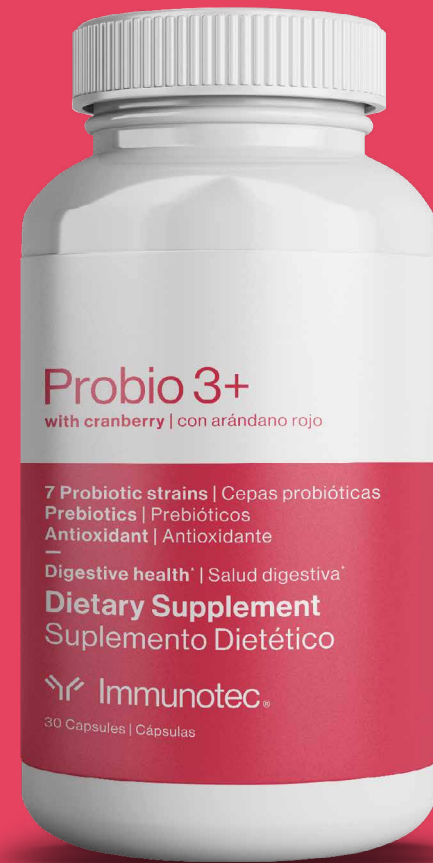
# HEALTHY IMMUNITY BEGINS IN THE GUT!

Immunity and general wellness begin in your digestive track. Your digestive track allows your body to process the food you eat, absorb nutrients, and eliminate toxins. Much of this is performed by the naturally occurring “good” bacteria living in our gut, our microbiome. Unfortunately, the large quantities of refined, processed, and toxin-laden foods we consume today adversely affects this sensitive microbiome, leading to multiple health challenges including indigestion, both diarrhea & constipation, bloating, and gas. In addition, our entire immune system can be impaired with serious consequences. If you’re experiencing any of these issues, Probio 3+ is here to help!

Probio 3+ is a synbiotic, a formula that provides both prebiotics and probiotics to promote healthy digestion and support intestinal health. Probio 3+ doesn’t just contain one or two strains but seven proven strains of the most important “good” bacteria. (Not to mention, cranberry which supplies additional antioxidant and immune benefits). This means you receive the full spectrum of probiotic benefits, including immune support, brain, heart, intestinal and mood benefits. This ‘best in class’ gut microbiome support is helpful against common gut discomforts, such as diarrhea, IBS, leaky gut, constipation, and lactose intolerance.\*

## Probio 3+

- Supports the immune system\*
- Facilitates natural cleansing of the digestive tract\*
- Helps prevent recurrent urinary tract infections\*
- Promotes a positive mood because of the brain-gut axis\*
- Enhances absorption of vitamins and minerals\*
- Improves elimination of body waste\*
- Helps manage lactose intolerance\*
- Contains 5 billion live colony-forming units (CFU)
- Promotes oral health\*
- Contains prebiotic fiber



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# ENJOY A HEALTHY PROSTATE AND LIBIDO

**¡NEW!**  
Now Paraben Free  
With a delicious  
Mango-Peach flavor



Good sexual health is vital to your overall wellness. Magistral is a safe and natural super formulation to support your prostate health. Magistral’s proprietary formula includes saw palmetto berry extract, ginkgo biloba, ginseng, damiana and muira puama. These potent ingredients are known worldwide for their ability to help with enlarged prostate-related problems, sexual dysfunction, urination difficulties, and low libido.\* Now you can get all five components in one bottle!

## Magistral

- May help maintain a healthy libido\*
- Relieves frequent, urgent, and nighttime urination\*
- Is a safe and natural way to support your prostate health\*
- May help relieve enlarged prostate-related problems\*
- Helps relieve other symptoms associated with mild to moderate benign prostatic hyperplasia\*

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# THE ULTIMATE CALCIUM MINERAL COMPLEX!

Calcium can't work well in a vacuum; it depends on many other minerals to function effectively. That's why Immunotec's Calcium-D is formulated with the exact ratios of elements found in human bones. It provides all of the minerals needed for bone nutrition with the added benefit of Vitamin D.

## Calcium-D

This formula is vastly superior to normal calcium supplements because it's naturally sourced from milk. That means it contains the calcium with the highest bioavailability. Many other brands contain calcium from rocks, shells, coral, or even the bones from dead animals!

Calcium-D is more than just calcium – it's a milk mineral complex. And it includes 400 IU of Vitamin D per serving to maximize mineral absorption. Calcium-D contains the minerals naturally found in human bones: magnesium, potassium, copper, phosphorous, iron, and zinc.



**Builds and strengthens bones\***

**Helps prevent osteoporosis\***

**Maintains healthy teeth\***

**Supports nerve and muscle function\***

**Provides total bone nutrition**

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# ENJOY A CALM MIND, RELAXED BODY, AND HEALTHY SLEEP!

## SEREN-T 200

Stress, anxiety, and fitful sleep depress your immunity and threaten both your mental and physical health. Seren-T200 helps temporarily reduce symptoms of mild mental and physical stress. It contains a bioactive peptide derived from milk protein. (This peptide is the active ingredient in a warm glass of milk that helps calm you.) Seren-T200 is all-natural and has undergone clinical testing to prove its effectiveness. Use it as a sleep aid or simply as a stress reliever.\*

Is a natural formula to manage mental and physical stress\*

Supports restful sleep\*

Contains Alpha-Casozepine, the active ingredient found in a warm glass of milk

Is gluten, lactose, soy, and preservative free



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Keeping you safe, healthy, and in shape!

## Meet the Immunotec Scientific Advisory Board...

The Immunotec Scientific Advisory Board (SAB) is a highly respected team of experts. They act in an advisory role to ensure that all current and future Immunotec products are backed by solid medical science, clinical studies, and proven results. Creating this Board expands Immunotec's ability to keep up with the latest research, develop breakthrough new products, and serve as a liaison to medical and educational institutions involved in Immunocal research.



**Dr. Jimmy Gutman, M.D.**  
*Chairperson*

The author of several best-selling books on glutathione, Dr. Jimmy Gutman is arguably the world's preeminent expert on the role of this critical substance in human health. His expert knowledge has been invaluable in bringing public awareness to bridging the gap between traditional and complementary medicine. Dr. Gutman's latest book, *The Comprehensive Guide to Glutathione* is considered the seminal work on glutathione research and clinical applications. Dr. Gutman taught at McGill University Medical School where his original specialty was academic emergency medicine. He was trained at the University of Calgary and did his specialty training at Emory University in Atlanta, Georgia, where he was chief resident. Dr. Gutman served on the Board of Directors for the Canadian Association of Emergency Medicine, and numerous other boards dealing with policy and education. Dr. Gutman has been a scientific advisor to Immunotec for more than 25 years and continues to make strides forward in glutathione research.



**Dr. Patricia Kongshavn**  
*Member Emeritus*

Dr. Patricia Kongshavn was an early pioneer in the emerging field of basic immunology. Her collaboration with Dr. Gustavo Bounous resulted in joint research investigating using dietary proteins to improve the immune response. Their work led to the discovery of a whey protein concentrate that enhanced immune responsiveness by raising glutathione levels and the eventual formation of Immunotec as one of the first health-tech companies in the world. Dr. Kongshavn received her honors degree in Natural Sciences at Cambridge University. She completed her master's in Physiology and her doctoral degree in Immunology at McGill University. She was a Full Professor in the Department of Medicine at McGill University until her retirement. She has continued as a highly valued advisor to Immunotec.



**John Molson**  
*Member Emeritus*

A co-founder of Immunotec, John Molson has been responsible for securing high-level research partners for clinical and scientific studies. John has contributed to more than 30 medical publications and four patent applications. John is also an elite athlete, having won multiple cycling and triathlon championships. He currently holds the title of Research Ambassador for Immunotec.

# healthy, and in

By assembling a diverse collection of experts in health, medicine, pharmacology, diet, exercise, and sports fitness – the SAB brings a multi-disciplinary approach to wellness to help you achieve your optimum state of health. The Board believes that wholesome living is predicated on an adequate balance of healthy eating, daily physical activity, and optimal nutrition. The SAB is dedicated to keeping Immunotec as the preeminent provider of nutritional products for maintaining a healthy immune response.



**Dr. Nathan Lewis, Ph.D.**

An expert in the area of athletic performance, Dr. Nathan Lewis specializes in biomarkers, oxidative stress in elite endurance athletes, and Overtraining Syndrome. Dr. Lewis is the Lead Performance Nutrition Scientist for the English Institute of Sport, having worked as a senior performance nutritionist across four Olympics. In addition, Dr. Lewis has extensive experience consulting to professional sports teams in the English Premier League, PGA, NBA, NHL, and MLB through his role as the Lead Performance and Clinical Nutritionist and Biomarker Scientist at the sports science and data/biomarker analytics company ORRECO. He is also a research fellow at St Mary's University.



**Dr. Dan Linseman, Ph.D.**

A professor at University of Denver, Dr. Dan Linseman teaches Neuropharmacology and Cell Signaling. He received his B.S. in Biology and Chemistry his Ph.D. in Pharmacology from the University of Michigan. Dr. Linseman studies the impact of oxidative stress, the role of antioxidants, anti-neuroinflammatory, and neuroprotective properties in a variety of natural products, including Immunocal. He conducts research on neurotrauma, neurodegeneration, and neurophysiology, and is one of the preeminent experts on Lou Gehrig's disease.



**Will Brink**

Will Brink has been a researcher and writer on sports nutrition, longevity, and disease prevention, with a focus on whey protein for more than 30 years. His expertise is in the areas of supplements, injury prevention and treatment, fitness, longevity, and bodybuilding. Will has worked with a wide array of clients and groups, such as professional bodybuilders, other elite athletes, athletic trainers, police, and military personnel. He has served as product and marketing consultant to many top nutritional product companies including Glanbia Nutritionals.



**Dr. Elvira Maria Hebert, Ph.D.**

Dr. Elvira María Hebert is Principal Investigator of the National Scientific and Technical Research Council (CONICET) at the Reference Center for Lactobacilli in Tucumán, Argentina. She is the author of more than 80 journal articles and book chapters in the field of lactic acid bacteria. Dr. Hebert received her Ph.D. degree in biochemistry from the National University of Tucumán. She has participated in different research projects in the areas of biotechnology, physiology of lactic acid bacteria, molecular microbiology, food technology, probiotic and prebiotics, and omics techniques.

MORE DONATIONS,  
MORE SMILES,  
BETTER LIVES

When you shop with Immunotec Consultants, you're also indirectly supporting some very special work. When Mauricio Domenzain first came to Immunotec, he brought his vision of a company built around happiness, celebration, and community. Nowhere is that community better demonstrated than the way the Immunotec family came together in 2022 to create the **ImmunoKids Foundation**.

The Foundation is a non-profit partnership between the company and its consultants in the field. The mission of the Foundation is to provide help, support, and dignity to children around the world who are immunocompromised due to malnutrition, disease, or other causes.

Immunotec corporate covers all the administrative costs of the Foundation, and all staffing is done by volunteers. Immunotec CFO Brant Wallace serves as the Executive Director of the foundation. Giving back to the communities where it operates is an integral part of everything Immunotec does.



# Gold Standard Research you can trust!

What sets  
**Immunotec** apart

## Where did THIS STORY BEGIN?

Drs. Gustavo Bounous and Patricia Kongshavn discovered **Immunocal** at world-renowned



## What is a **GOLD STANDARD** study?

Many types of studies are published. A gold standard study represents the highest standard of validation and importance.

## What DEFINES A GOLD STANDARD study?

Most importantly  
Must be done in humans

### Randomized

Subjects are chosen at random to either receive the treatment or a placebo.

### Double-Blind

Neither the subject or the researcher knows who is getting placebo or treatment.

### Statistically significant and placebo-controlled

The treatment is compared to a placebo, which is known not to have any clinical effect.

At Immunotec, we have **23 gold-standard studies**

# One of the most important supplements you will ever take!



For more information, contact:

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