



IMMUNE DEFENDER

An herbal kit for immune strength.

An ounce of prevention is worth a pound of cure. . .

When it rains we grab an umbrella. When it's cold we put on a coat. When exposed to viruses and bacteria reach for your herbs! Our bodies can overcome most intruders if our immune system is in good shape and herbs are a great way of supporting our immune system.

THE IMMUNE DEFENDER KIT

Echinacea Complete Concentrates®

Echinacea has long been recognized by the Native Americans as a versatile and medicinal herb.

Garlic Complete Concentrates®

Several components found in Garlic have been shown to have antimicrobial and antiviral activity.

Olive Leaf™

Olive leaf's use as a medicinal herb goes back over 2,000 years.

Herbs are a fantastic prevention against viruses and bacteria. Since plants do not have an immune system, they rely on chemical compounds to protect them from disease. Many



of these herbs have antiviral and antibiotic properties. When we consume these plants their protective chemicals may protect us from outside influences that can cause disease. While specific components may be primarily responsible for an herb's action, there are many other constituents that benefit our wellbeing.

STOCK UP

There are many herbs with antiviral and antibacterial activities that can assist in our health. The Immune Defender kit from Kroeger Herb Products offers a great selection of herbal supplements that can be taken alone or in combinations to keep your health in tip top shape. Olive Leaf, Echinacea and Garlic are a welcome trio of herbal protection. All these herbs have an excellent history of usage for

immune support and are best taken for prevention. ■





IMMUNE DEFENDER KIT

ECHINACEA COMPLETE CONCENTRATES®

Echinacea has long been recognized by the Native Americans as a versatile and medicinal herb. It can be used for coughs, colds and sore throats and possesses other uses as well.

Research has found Echinacea to stimulate phagocytosis, the process in which immune cells fight disease causing organisms such as bacteria and viruses. Echinacea can increase immune cell function by fighting all outside invaders instead of specific ones, giving the

body overall protection. Both Germany and England officially recognize Echinacea for its effects on viral and bacterial infections and therapy for cold symptoms and respiratory infections. This is an all natural standardized Echinacea in a base of raw Echinacea root and herb.

GARLIC COMPLETE CONCENTRATES®

Several compounds found in Garlic have been shown to have antimicrobial, antiviral and antiprotozoan activity, making Garlic an excellent wintertime herb. Allicin is an excellent antioxidant compound, which limits cellular damage caused by oxidizing agents. Garlic has been traditionally used to fight off and treat the symptoms of the common cold and studies offer verification of its medicinal properties. Research suggests that people are far less likely to get a common cold when taking a Garlic supplement each day than those who

do not. Our Garlic is naturally extracted and mixed in a base of raw Parsley leaf.

OLIVE LEAF™

Olive leaf's use as a medicinal herb goes back over 2000 years. Research has shown oleuropein, an active flavonoid compound in the leaves, fruit and bark, to have an excellent resistance to a wide variety of viruses, as well as bacteria, fungi and microbes. Olive leaf has become a popular supplement because of its effect on common winter conditions. Traditional folk literature and recent research credits Olive leaf with a wide range of actions to help fight infections and to generally cleanse and regulate the system. For centuries, folk healers have used Yarrow to regulate fevers and mucus secretion. Hanna Kroeger combined Olive leaves with Yarrow as a synergistic complement to the formula.

The tradition of herbs has given us a great insight as to which herbs may be helpful in the face of microscopic outside influences. Our immune system does an amazing job of keeping viruses and bacteria from affecting our health and herbs excel at helping our bodies function at an optimal level. Be healthy and take your herbs. ■

Mix your herbs!

Variety is the spice of life.

Just as you wouldn't want to have the same dinner every night, changing your herbs every few days can be useful. By rotating immune supportive supplements every few days it "keeps your body on its toes" and offers a variety of nutrients that assist the immune system in different ways. Try taking one or two of the items in the kit for a few days then switch to another item in the kit.



The Heart of Herbal Health®

Be sure to visit the resource section of our web site at www.kroegerherb.com