

Evolve Immune

 **IMMUNE SUPPORT***

Evolve
WELLNESS

Educate. Empower. Evolve.



Product Overview*

- Convenient 3 capsule formula
- Contains the Bacillus subtilis HU58™ Probiotic Strain
- N-Acetyl Cysteine for respiratory and immune support
- Standardized organic elderberry juice concentrate
- Standardized herbal extracts: Astragalus, Andrographis, Echinacea
- Immune-supporting micronutrients: Vitamin C, Zinc, Copper
- Vegetarian friendly
- 3rd party potency tested

Product Summary*

One's immune system is critical to everyday health and wellness. When it suffers, you suffer. For this reason, Evolve Wellness created Evolve Immune, an immune support formula containing vitamin C, minerals, organic elderberry, standardized herbal plant extracts as well N-Acetyl Cysteine. Evolve Immune can be used proactively on a daily basis, or simply during times of increased stress.

Target Market/Population*

A wide range of individuals may use Evolve Immune including for general daily maintenance and/or immediate immune support.

Suggested Use*

For immunity maintenance, take three capsules per day with 8-10 oz of water or preferred beverage. For immediate immune support, take 1-3 capsules six times per day with 8-10 oz of water/beverage or as directed by a healthcare professional.

The Science

N-Acetyl Cysteine*

N-Acetyl Cysteine (NAC) is a unique sulfur containing amino acid that supports immune function in a variety of

ways. Along with boosting systemic levels of Glutathione, one of the most powerful antioxidants within the human body, NAC may also act as a mucolytic agent, improving the body's ability to clear mucus congestion.¹⁻³

Additionally, in a 2008 study, researchers found daily intake of NAC improved lymphocyte, neutrophil, and natural killer cell function in post-menopausal women; partially reversing the normal age-related decrease in immune cell activity seen in this population.⁴ In a separate study, daily NAC consumption was shown to provide respiratory support as well as reduce head and body aches in older adults during the winter months.⁵

Vitamin C*

During times of physical stress, the human body may require additional vitamin C. Compared to healthy individuals, those experiencing immune challenges have been shown to have depleted vitamin C stores.⁶ In addition to supporting one's antioxidant defense system, vitamin C assists the immune system by enhancing neutrophil motility, natural killer cell activity, along with T and B cell function.^{7,8}

Various human studies have shown vitamin C to support respiratory function during times of intense physical stress.^{9,10}

* 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.

Zinc & Copper Amino Acid Chelates*

Both zinc and copper are essential nutrients for maintaining a properly functioning immune system.¹¹ More specifically, zinc influences monocyte and macrophage function as well as potentially alters metabolic pathways within various pathogens.¹¹⁻¹² Acute use of zinc has been shown to support immune function during times of stress.¹³ Copper appears to influence immune activity in a variety of ways as well; this includes enhanced oxidative burst potential by phagocytes and assisting leukocyte differentiation.¹¹

High-dose zinc supplementation has been shown to induce copper deficiency.¹⁴ Thus, in addition to supporting a healthy immune system, the addition of copper to Evolve Immune may also help maintain mineral balance within the body.

Organic Elderberry Concentrate*

Elderberry has long been recognized for its immune supporting benefits. These effects may stem from specific polyphenols, anthocyanins, flavonoids and other phytonutrients present within the berry.^{15,16} In addition to supporting immune function, research also suggests that elderberry extract may also reduce inflammatory pathways.¹⁶

Evolve Immune uses a very specific elderberry concentrate, Organic ElderMune™ Elderberry Complex which combines a highly concentrated form of elderberry juice powder (65:1), with an organic prebiotic fiber.

ElderMune™ is a trademark of Innovative Natural Solutions, LLC (INS Farms). Sunfiber® is a registered trademark of Taiyo International, Inc

Astragalus membranaceus Root Extract*

Astragalus membranaceus has been used as an immune support agent for over 2000 years.¹⁷ Bioactive ingredients in Astragalus include polysaccharides, saponins, flavonoids, and astragalosides. Astragalus may support immune function through its ability to increase circulating levels of monocytes, neutrophils, and lymphocytes, as well as influence cytokine levels.¹⁷ Additionally, in-vitro research completed by Adesso et al. suggests that Astragalus extract, standardized for 70% polysaccharides, is capable of reducing inflammation in intestinal cells.¹⁸

Andrographis paniculata Leaf Extract*

Andrographis paniculata, also known as “king of the bitters”, is a herbaceous plant native to southeast Asia and India which has shown various immune-supporting properties.¹⁹ The primary phytonutrient responsible for these benefits is believed to be andrographolide, which, amongst other benefits, has been shown to increase CD4+ lymphocyte count.²⁰ In a recent meta-analysis, involving thirty-three trials & 7175 participants, it was found that Andrographis was significantly more effective at supporting normal respiratory tract function versus placebo during times of stress.²¹ One particular trial indicated that consuming 200 mg of a standardized Andrographis extract (30% andrographolide) per day was 2x more effective than placebo at supporting normal respiratory function.²²

Echinacea purpurea Extract*

Echinacea purpurea, a popular immune-supporting herb, contains a variety of polyphenols and other phytonutrients which are believed to help maintain a normally functioning respiratory system during times of stress.²³ These benefits may be the result of enhanced macrophage activity as well as natural killer cell activity.²⁴⁻²⁶

Bacillus subtilis HU58™

Bacillus subtilis HU58™ is a clinically researched spore based probiotic strain which has been shown to support immune function and overall intestinal function.^{27,28}

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value
Vitamin C (Ascorbic Acid)	300 mg 333%
Zinc (as Zinc Bisglycinate Chelate) (Albion®)	11 mg 100%
Copper (as Copper Bisglycinate Chelate) (Albion®)	1 mg 111%
N-Acetyl-L-Cysteine	300 mg †
Organic Eldermune™	250 mg †
Organic ElderMune™ Elderberry Complex European Elder Fruit Concentrate (65:1), Standardized to contain > 3% Polyphenols	
Astragalus Root Extract (Standardized to contain 70% Polysaccharides)	250 mg †
Andrographis Leaf Extract (Standardized to contain 30% andrographolides)	225 mg †
<i>Echinacea purpurea</i> Herb Extract (Standardized to contain 4% Polyphenols)	100 mg †
<i>Bacillus subtilis</i> , HU58™	10 mg † 2 Billion CFU

†Daily Value (DV) not established.

Other Ingredients: Vegetable Capsule (HPMC), Organic Sunfiber® Partially Hydrolyzed Guar Fiber, Rice Flour, Silicon Dioxide

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