



INTRODUCING

PROGLUCAMUNE™

EVERYDAY IMMUNE DEFENCE

Our modern lives are more demanding than ever and most people can't afford to have time out with sickness. With over 200 different viruses responsible for infecting us with a cold every year, people with a busy lifestyle want "insurance" against colds and

flu and need a more effective way to stay fit and well, even when they are under stress. Good nutrition is key to strengthening the body's natural defences and helps you to remain focused every day, that's where **Proglucamune™** comes in.

FOUR POTENT IMMUNE-BOOSTING INGREDIENTS IN ONE BOTTLE

SHIITAKE MUSHROOM



REISHI MUSHROOM



ZINC



BAKER'S YEAST
(Beta 1,3/1,6
glucan)



USANA

your health. your life. your way.™



DO YOU KNOW YOUR IMMUNE SYSTEM?

The immune system is a co-ordinated system of cells, proteins, and chemical signals that are designed to fend off bacteria, viruses, and parasites. It helps co-ordinate the wound healing process, cellular/tissue turnover, repair, and (re)building.

For optimal immune function, it is important to support all aspects of our immunity, including surface immunity, innate immunity and adaptive immunity.

Surface immunity is the first line of defence against pathogens. It is comprised of the barriers that actively keep pathogens out, such as our skin, respiratory tract and

gastrointestinal system. But if a pathogen is able to cross a surface barrier, then the innate immune system defences are stimulated. **Innate immunity** includes a host of reactions, including the destruction of pathogens through a process called phagocytosis.

Adaptive immunity is called into action if the innate immune system is overwhelmed. Also known as acquired immunity, this response is highly specific to the pathogen that induces it.

To help your whole immune system function better, USANA created **Proglucamune™**, the new immune optimiser product to help immune cells adapt to your unique needs.



What's the meaning of **Proglucamune™**?

This is a blend of "**Pro**" being—promote, "**gluca**" being part of the key ingredient—beta glucan, and "**mune**" alluding the immune support provided by the product.

Pro-Promote,
Gluc-Beta **Glucan,**
Mune-Immune support



SO WHAT MAKES PROGLUCAMUNE™ UNIQUE?

The unique formulation of USANA's **Proglucamune™** combines ancient wisdom with modern science, containing **four potent immune-boosting ingredients** in one formulation, which help immune cells to work faster and better...even under stress. It's a powerful immune supplement, specifically created for year-round comprehensive support, which strengthens the overall effectiveness of the immune system and helps to maintain and improve general wellbeing.

THE 4 NATURAL, IMMUNE-BOOSTING INGREDIENTS INCLUDE:



Reishi (*Ganoderma lucidum*)

Reishi has traditionally been used in the management of immune and heart function. It helps to support the body's natural immune defences against free radical damage. Its extracts boost the function of immune cells, our body's first line of defence against infection. Based on its traditional use for **longevity**, and **boosting Qi**, Reishi is often called the '**Mushroom of Immortality**'. It also helps promote cellular protection and is rich in fungal polysaccharides with immunomodulating properties, which contribute to Reishi's medicinal activities.



Shiitake (*Lentinula edodes*)

Shiitake mushrooms also called 'Black Forest Mushroom' or 'Golden Oak Mushroom', are **high in several essential nutrients**, including vitamins, minerals, and lentinan—a polysaccharide and the key constituent of Shiitake. These nutrients help to **keep the immune system strong**. It was stated in *Ri Yong Ben Cao*, Vol. 3 (1620), written by Wu-Rui of the Ming Dynasty, "Shiitake accelerates vital energy, wards off hunger and defeats body fluid energy."¹



Baker's Yeast (*Saccharomyces cerevisiae*)

Proglucamune™ provides beta 1,3/1,6 glucan (Wellmune WGP®), a natural carbohydrate derived from a proprietary strain of Baker's Yeast. It has long been recognised as a potent immunological activator with medicinal importance. This unique ingredients patented, year-round protection is the culmination of more than \$300 million in research with leading university and government institutions. It has been clinically proven to **prime the immune system**. Clinical studies have shown reductions in symptomatic days of upper respiratory tract infections, improved immunity, and reduced "down time" during cold season. The yeast beta-glucans have also been shown to **support vitality, mood state and general well-being that help protect against the harmful effects of stress**.^{2,3}

Once consumed orally, beta-glucan is taken up into the body via the Peyer's in the intestines. Immune cells called **macrophages** that now contain beta-glucan travel to the immune organs throughout the body.

These macrophages break down beta-glucan into smaller fragments that bind to neutrophils, the most abundant immune cells in the body. Primed by beta-glucan, neutrophils more quickly recognise and kill foreign challenges.



Zinc

Zinc is one of the 24 micronutrients needed for survival, it can be found in meat, egg, oysters and legume products. It is an essential trace element for **maintaining the immune system, supporting proper functioning of immune cells and serving as an intracellular signal molecule for immune cells**. It also acts as an antioxidant and **helps defend against oxidative stress**.^{4,5} Zinc deficiency may impair many metabolic functions, therefore adequate intake is very important.



PROGLUCAMUNE™ BENEFITS:

- Helps support a healthy immune system and improves general well-being
- May assist in the management of upper respiratory tract infections in physically active people and people susceptible to upper respiratory tract infections
- May assist in reducing the severity and duration of symptoms associated with colds and flu
- Reishi has been used in Traditional Chinese Medicine as a tonic to replenish Qi
- Vegetarian safe



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Reference

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2. Shawn MT et al. (2012) *J Am Coll Nutr*; Vol. 31(4):295–300
3. McFarlin et al. (2013) *J Diet Suppl*; 10(3):171-83
4. Prasad AS. *Curr Opin Clin Nutr Metab Care*. 2009 Nov;12(6):646-52
5. Shankar AH and Prasad AS *Am J Clin Nutr* 1998;68(suppl):447S–63S

COMPREHENSIVE IMMUNE SUPPORT WITH PROGLUCAMUNE™ AND OTHER USANA PRODUCTS:

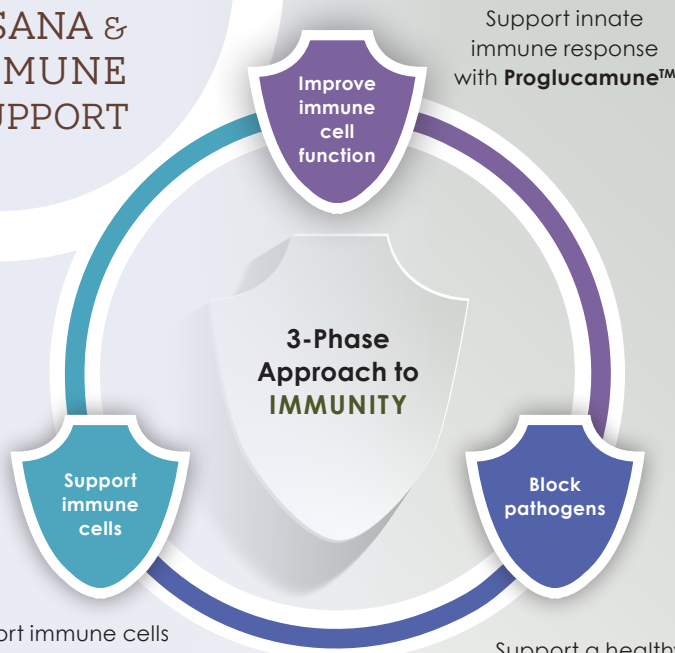
For optimal immune function, it is important to support as many aspects of our immune system as possible. With the addition of the new immune optimiser, **Proglucamune™**, USANA now offers a **3-phase approach** with products that work together to support and improve immunity.



For more information or to order any of our USANA products contact our Customer Service Team on **1800-687-872** for **Australia** or **0800-872-626** for **New Zealand** or visit **www.USANA.com**



USANA & IMMUNE SUPPORT



Support innate immune response with **Proglucamune™**

Support immune cells with optimal nutrition including **Mega Antioxidant, Proflavanol® C¹⁰⁰, Poly C™ & Vitamin D**

Support a healthy gut barrier with **USANA Probiotic**

USANA'S 3-PHASE APPROACH TO IMMUNITY:

1. Support immune cells with optimal nutrition, such as vitamins C & D - found in **USANA Mega Antioxidant, Proflavanol® C¹⁰⁰, Poly C™, and Vitamin D**.
2. Help support a healthy gut barrier by nurturing a balanced gut flora and ousting harmful bacteria with **USANA Probiotic**.
3. Help immune cells work faster and more efficiently by strengthening them with USANA's unique optimiser **Proglucamune™**.

ITEM#146

PROGLUCAMUNE™

DIETARY SUPPLEMENT 56 TABLETS
AUST L 236638

AIDS IN MAINTAINING GENERAL WELL-BEING. ALSO HELPS MAINTAIN NORMAL HEALTHY IMMUNE SYSTEM AND FUNCTION.

DIRECTIONS: ADULTS, TAKE TWO (2) TABLETS DAILY, PREFERABLY WITH MEALS.

EACH TABLET CONTAINS:

SACCHAROMYCES CEREVISIAE EXTRACT (BAKER'S YEAST)	125 mg
EQUIV BETA GLUCAN	93.8 mg
GANODERMA LUCIDUM (REISHI MUSHROOM) DRY POWDER	125 mg
LENTINULA EDODES (SHIITAKE MUSHROOM) DRY POWDER	25 mg
ZINC GLUCONATE (EQUIV 3 mg ZINC)	25 mg

LABORATORY TESTED, QUALITY GUARANTEED. MEETS BRITISH PHARMACOPOEIA SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. IF YOU HAVE AN AUTOIMMUNE DISEASE, AN IMMUNE SYSTEM DISORDER, OR IF YOU ARE TAKING IMMUNOSUPPRESSANT MEDICATION, CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.

BOTTLE SEALED UNDER CAP FOR YOUR PROTECTION. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

USANA AUSTRALIA PTY LTD., 3 HUDSON AVENUE, CASTLE HILL, NSW 2154, AUSTRALIA
STORE BELOW 25°C MADE IN USA 146.030100 LB.000796
SEE BASE FOR EXPIRY DATE & BATCH NUMBER.

USE ONLY AS DIRECTED.
ALWAYS READ THE LABEL.

If symptoms persist consult your healthcare practitioner. Not to be used in children under two years of age without medical advice. Vegetarian safe. Contains yeast.



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