

# TECHNICAL DATA SHEET



## IMMUNE & WHOLE BODY SUPPORT IMMUNI-T™

Help support cellular defenses. Balances immune system.

Upper respiratory concerns are common even for healthy people. **Immuni-T** is formulated with synergistic ingredients, based on a formula created by a longtime, well respected naturopathic physician, Dr. William Turska of Mist, Oregon, who was one of Dr. Massey's mentors in the early 1980's. Taking into consideration new scientific research, we decided to add olive leaf extract, oregano extract and a blend of six organic mushrooms to enhance the formula. **Immuni-T** supports the body's immune system to maintain optimal health.

### Supplement Facts

Serving size: 2 Capsules

Servings per container: 30

Amount per serving		%DV
Vitamin A (as Vitamin A Acetate)	3000 mcg RAE	333%
Vitamin C (as Ascorbic Acid and Calcium, Magnesium, Potassium Ascorbates)	230 mg	256%
Vitamin B6 (Pyridoxine HCl)	25 mg	1471%
Magnesium (as Bisglycinate Chelate)	18 mg	4%
Zinc (as Zinc Monomethionine)	5.5 mg	50%
Selenium (as Glycinate Complex)	100 mcg	182%

**Immuni-T Proprietary Blend:** 1115 mg \*

Echinacea purpurea extract (aerial parts), Olive extract (leaf) (Olea europaea), Mushroom Blend (Organic): Cordyceps sinensis (Caterpillar), Coriolus versicolor (Turkey Tail), Grifola frondosa (Maitake), Lentinula edodes (Shiitake), Schizophyllum commune (Split Gill), Annulohyphoxylon stygium (White Wood Ear); Dimethylglycine HCl, Garlic extract (bulb) (Allium spp), Ginger extract (root) (Zingiber spp), Grapefruit extract (seed) (Citrus paradisi), Oregano extract (leaf) (Origanum vulgare), Quercetin Dihydrate, Beta Glucan Complex, Cayenne extract (fruit) (Capsicum spp)

\* Daily Value not established.

Other ingredients: vegetarian capsules (hypromellose, purified water), silicon dioxide

### INGREDIENTS:

#### Echinacea Purpurea

The applicable parts of echinacea are the roots and the above ground parts. Echinacea has been studied for its use to support the upper respiratory system and the immune system.

#### Olive Leaf Extract

The active constituent in the olive leaf is oleuropein, a phenolic glycoside that is structurally classified as an iridoid. Olive leaf also contains the bioflavonoids rutin, luteolin, and hesperidin, which work synergistically with oleuropein to enhance its natural activity. This olive leaf extract is from Euromed® and contains the highest concentration (17-23%) of oleuropein available. This provides natural protection and a healthy environment for cells and beneficial microflora (7).

#### Mushroom Blend

We include six immune supportive specific organic mushrooms in both our **Immuni-T** and **Immuni-LT** formulas. Cordyceps, coriolus, maitake, shiitake, split-gill, and white wood ear mushrooms contain compounds such as polysaccharides, beta glucan, and other modulating plant constituents to support the immune system.

#### Oregano

The applicable part of oregano is the leaf and oil. Oregano is a powerful herb for supporting the immune system. Research at Cornell University found oregano to be one of the few natural substances that passed all criteria against which it was tested. Authors publishing in the International Journal of Food Microbiology found that of all spices tested, oregano proved most powerful.

Replaces all previous versions: 6.30.23

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.

### **Beta 1, 3 Glucan**

Beta glucans are polysaccharides that consist of (1-3)-beta-D-linked polymers of glucose that are either non-branched or with 1-6 beta branches. Laboratory findings indicate beta glucans specifically support the immune system at the cellular level.

### **Vitamin A**

Vitamin A is a fat-soluble vitamin that includes a family of molecules containing a 20-carbon structure with various chemical groups at the 15-carbon position. The liver maintains Vitamin A concentrations within a relatively narrow range by storage and release of Vitamin A (1). Maintaining a healthy immune system is dependent on retinol (2).

### **Vitamin C**

Vitamin C is a water-soluble vitamin best known for its effects as an antioxidant, free radical scavenger and its role in maintaining proper immune function (3). Taking 250 mg daily in combination with vitamin A, beta-carotene, vitamin E, selenium and coenzyme Q-10 promotes oxidative defense in the body.

### **Vitamin B6 (Pyridoxine HCl)**

Pyridoxine is required for amino acid metabolism and is also involved in carbohydrate and lipid metabolism. Pyridoxine has some antioxidant and free radical scavenging activities and a deficiency of pyridoxine has been associated with a suppressed immune system (4).

### **DMG (Dimethylglycine)**

DMG is built from the simplest amino acid, glycine, where two hydrogen atoms have been replaced with methyl (CH<sub>3</sub>) groups on its nitrogen atom. Because DMG is a methyl donor, it may enhance the immune response. DMG supports the immune system at the cellular level.

### **Magnesium**

Magnesium is the second most plentiful cation in the intracellular fluid and the most plentiful cation in the body. Magnesium is involved with more than 300 enzyme systems and plays an essential role in more than 300 cellular reactions (5). Magnesium is required for the formation of cyclic AMP (cAMP) and is involved in ion movements across cell membranes. Glycinate is the most bioavailable form.

### **Zinc**

Zinc is a biologically essential trace element and is the second most abundant trace element in the body. About 30% of cellular zinc is found within the nucleus. Zinc is found in more than 300 enzymes. Zinc is responsible for neutrophil, natural killer cell, and T-lymphocyte function (6).

### **Cayenne**

The applicable part of capsicum is the fruit and contains the active constituent capsaicin, which accounts for its hot taste. Capsicum is an excellent synergist that can stimulate circulation in the body.

### **Garlic**

The applicable part of garlic is the bulb that contains allicin, ajoene, and other organosulfur constituents such as S-allyl-L-cysteine. Garlic supports the immune system to get back into balance.

### **Ginger Root**

The applicable parts of ginger are the rhizome and root. Ginger contains active constituents known as gingerol, gingerdione, and shogaol. These constituents seem to have a variety of properties to support all of the body's system to maintain health.

### **Grapefruit Seed Extract**

Grapefruit seed extract (20:1) has been traditionally used to cleanse and normalize the digestive tract.

### **Quercetin**

Quercetin is a dietary flavonoid found in many plants. The most common form of quercetin is rutin, in which quercetin is bound to a glucose-rhamnose moiety. Quercetin has antioxidant properties and has been shown to inhibit nitric oxide and tyrosine kinase.

***Patients: Consult with your healthcare professional for the proper use of this formula.***

**For more information about this and other Condition Specific Formulas® please visit our website at:**

**mountainpeaknutritionals.com**  
email us: [support@mtnpeaknutrition.com](mailto:support@mtnpeaknutrition.com)



1000 SE Tech Center Drive STE 130  
Vancouver, WA 98683

## **REFERENCES**

1. Pharmacotherapy 2002;2:814-22
2. Food and Nutritional Board, Institute of Medicine. National Academy Press, 2002; Reference Intakes for Vitamin A, Copper
3. Amer Society of Health-System Pharmacists, 1998 McKevooy GK, Ed.
4. IS J Psychiatry 2001;158:1511-4
5. Modern Nutrition in Health and Disease. 8th ed. Shils M, Olson A, Shike M. 1994
6. Am J Clin Nutr 1998;68:447S-63S
7. Biochem Biophys Res Commun 2003 Aug 8;307:1029-37

