

Shaklee®

product brief

Immune Support



Defend & Resist Complex

For Seasonal Immune Support*

Defend & Resist

The immune system protects the body from bacteria, viruses, fungi, and other harmful organisms. At times of the year when you're more likely to be slowed down by immune challenges, it's more important than ever to keep your immune system up to speed.

Scientific studies suggest that along with a healthy diet and getting enough rest, consuming certain herbal supplements can help you be prepared for the moment when you first feel the need to bolster your immune system.

Defend & Resist Complex can help your body respond to seasonal challenges by giving your immune system what it needs to stay strong.*

What Is Defend & Resist Complex?

Defend & Resist Complex features standardized extracts of echinacea, black elderberry, and larch tree with immunoactive arabinogalactans to stimulate the body's natural resistance during seasonal challenges. Defend & Resist Complex also contains zinc, which is known to help support a healthy immune function.*

Convenient tablets may be swallowed, dissolved in the mouth then chewed, or crushed and mixed with hot water to drink as a tea.



Defend & Resist Complex
90 tablets
#20613

Who Might Benefit from Defend & Resist Complex?

- Anyone looking for a natural product that supports healthy immune function in the face of seasonal challenges
- People who would like to minimize the “downtime” sometimes experienced during seasonal transitions
- People who are concerned about seasonal exposure to immune challenges at work, at school, when using public transportation or pay telephones, etc.
- Adults and children† who want to be prepared for the first moment they feel the need to bolster their immune system

How Does Defend & Resist Complex Work?

Each of the ingredients in Defend & Resist Complex is believed to promote well-being by supporting and strengthening the immune system.*

† Recommended serving size for children 4–12 years is 2–4 tablets per day for about 7 days.

Supplement Facts	
Serving Size: 6 Tablets	
Servings Per Container: 15	
Amount Per Serving	
Calories 15	
% Daily Value**	
Total Carbohydrate 4 g	<1%**
Sugar 3 g	†
Zinc (as zinc gluconate) 15 mg	100%**
Echinacea Extract (<i>Echinacea purpurea</i>) (herb & root) 6:1 168 mg	†
Larch Tree Extract (<i>Larix sp.</i>) (heartwood) 300 mg	†
Defend & Resist Enhanced Proprietary Blend	
Elderberry Extract & Juice Concentrate (<i>Sambucus nigra</i>) (fruit), Stevia (<i>Stevia rebaudiana</i>) (leaf) 480 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily values not established.

Other Ingredients: Maltose, microcrystalline cellulose.

*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.

By stimulating the body's natural resistance*

- **Echinacea.** Native to the United States, echinacea was first used by the native peoples of the New World. Also known as purple coneflower, echinacea is a perennial flower that resembles a black-eyed Susan.

The echinacea in Defend & Resist Complex is an extract of both the herb and the root of the most studied herb species, *Echinacea purpurea*. Recent studies have shown that echinacea can help your body respond to seasonal challenges by giving your immune system what it needs to stay strong.¹ A basis for understanding how echinacea works comes from laboratory studies showing cichoric acid and alkylamides, compounds found at high concentrations in *Echinacea purpurea*, have strong immunostimulating activity.^{*2}

Six tablets of Shaklee Defend & Resist Complex per day provide 168 mg of echinacea extract, concentrated 6:1 to reliably provide the equivalent of over 1,000 mg of dried herb. In addition, the echinacea is extracted from cultivated plants, which not only helps guarantee the quality of the raw materials, but also helps protect increasingly rare wild plants from being over-harvested.

By maintaining a healthy immune response*

- **Black elderberry.** The elderberry has been involved in human history for centuries. The generic name *sambucus* may come from the Greek *sambuke*, a musical instrument made from elderberry wood and said to be capable of making music to heal the spirit.

Black elderberries (*Sambucus nigra*) are a rich source of antioxidant compounds called anthocyanidins and polyphenols. Scientific studies have shown that elderberry extract can help the body maintain a healthy immune response.^{*3}

By enhancing immune support*

- **Larch tree.** The larch tree (*Larix occidentalis*) is a deciduous conifer — a member of the pine family that loses its needles each year. Only 10 species of larch occur in the world, mostly in cold areas of the northern hemisphere. Larches are commonly called tamaracks in many parts of the United States.

There is evidence that compounds found in high concentrations in the heartwood of larch tree cells, called arabinogalactans, are even more immunoactive than extracts of echinacea. Laboratory studies further suggest that larch arabinogalactans stimulate important markers of immune function.⁴ A recent clinical study showed that larch heartwood extract helped support the immune system's natural ability

to achieve a state of immune readiness.^{*5}

By providing the full DV of Zinc

- **Zinc.** Present in virtually all cells in the body, zinc works as a trigger for over 200 different enzymes whose functions range from making the genetic materials DNA and RNA to helping with the metabolism of fatty acids. Zinc also contributes to growth and development, and is important for proper immune function.

How Should Defend & Resist Complex Be Used?

Defend & Resist Complex is offered in tablet form. Tablets may be swallowed, dissolved in the mouth then chewed, or even crushed and mixed as a tea, without degrading the benefits of the herbs. To supercharge your immune system when you start to feel the need,* take 6 tablets daily for about 7 days.

- Recommended serving size for children 4–12 years is 2–4 tablets per day for about 7 days.

There are four ways to take the six-tablet daily serving of Defend & Resist Complex throughout the day:

- Swallow.
- Chew.
- Drink it dissolved in hot water as a tea.
- Dissolve it in your mouth, then chew.

Defend & Resist Complex features more ingredients shown to provide immune support!*	Defend & Resist Complex	Brand A	Brand B	Brand C
Cichoric acid and alkylamides from echinacea	•	•	•	•
Anthocyanidins from elderberry	•			
Arabinogalactans from larch tree	•			
Zinc gluconate	•			

Comparison of competing brands conducted on 6/28/02 and is valid as of this date.

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Why Choose Shaklee Defend & Resist Complex?

- Exclusive blend of immunoactive ingredients shown to stimulate the body's natural resistance during seasonal challenges*
- Formulated with standardized extracts to provide the levels of phytonutrients reflected in the scientific literature
- Can be swallowed, dissolved in the mouth, then chewed, or crushed and made into a tea
- Pleasant, blueberry-like flavor, derived from the natural extract of the fruit of the black elderberry

Try These Other Great Shaklee Products:

- Shaklee Basics®
- Energizing Soy Protein
- Immune Building Complex*
- Zinc Complex
- Optiflora® Two-Product System

References:

- ¹ Barrett B, Volmann M, Calabrese C. Evidence-based clinical review: echinacea for upper respiratory infection. *The Journal of Family Practice* 1999; 48:628-35.
- ² Bauer R, Wagner H 1991. Echinacea species as potential immunostimulatory drugs. Vol. 5, 253-321. In: H. Wagner and N.R. Farnsworth (eds.), *Economic and Medicinal Plant Research*. (New York: Academic Press, 1991).
- ³ Zakay-Rones Z, Varsano N, Zlotnick M et al. Inhibition of several strains of influenza virus in vitro and reduction of symptoms by an elderberry extract (*Sambucus nigra* L.) during an outbreak of influenza B Panama. *Journal of Alternative and Complementary Medicine* 1995; 1:361-9.
- ⁴ Hauer J, Anderer A. Mechanism of stimulation of human natural killer cytotoxicity by arabinogalactan from *Larix occidentalis*. *Cancer Immunotherapy* 1993; 36:237-44.
- ⁵ Causey JL, Robinson RR, Feirtag JM, Fulcher RG, Slavin JL. Effects of larch arabinogalactan on human peripheral blood mononuclear cells: results from in vivo and in vitro human trials. *Journal of the Federation of American Societies for Experimental Biology* 1998.

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If for any reason a Shaklee product is not satisfactory, return it to your Shaklee Independent Distributor or Shaklee Corporation for exchange or a full refund.



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