



Defend and Resist

## Description

### [Defend and Resist Complex](#)

The immune system protects the body from bacteria, virus fungus, and other harmful organisms. At times of the year when you are 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 and Resist Complex** can help your body respond to seasonal challenges by giving your immune system what it needs to stay strong.

### What Is Defend and Resist Complex?



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Defend and 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 and 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 and Resist Complex Supports Your Body in 4 Ways**

#### 1. 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 and 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. 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 immuno-stimulating activity. Six tablets of Shaklee Defend and 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, 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.

#### 1. 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.

#### 2. 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 function. A recent clinical study showed that larch heartwood extract helped support the immune systems natural ability to achieve a state of immune readiness.

3. By providing the full Daily Value of Zinc.  
Zinc is present in virtually all cells in the body, zinc works as a trigger for over 200 different enzymes whose functions range from making the materials DNA and RNA to helping with the metabolism of fatty acids. Zinc also conti



and development, and is important for proper immune function.

### **Is There Scientific Evidence for the Ingredients in Defend & Resist Complex?**

Recent studies have shown that cichoric acid and alkylamides found in the Echinacea plant have immunoactive properties.\* It has also been demonstrated that these phytonutrients occur in higher concentrations in the leafy parts of the plant than in the root. In laboratory tests, Echinacea boosts the production and activity of white blood cells.\* Echinacea provides natural support for the body's immune system.\*

1. Black Elderberries 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.\*
2. There is evidence that Echinacea's benefits are enhanced by immunoactive arabino-galactans that are extracted from the heartwood of the Larch Tree.\* Scientific studies show that arabino-galactans, polysaccharides found in Larch cells, boost important indicators of immune system 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

This product will provide you with emergency protection, which super charges the immune system when coming down with a cold or flu and will stimulate the body's natural resistance and enhances immune support.

So during the times, when you face additional health challenges, do to stress, you can pump up your immune system. This wonderful combination of Zinc, Echinacea, Larch Tree extract and Black Elderberry, stimulates the body's natural resistance and enhances immune support.

[Defend and Resist Complex](#) or commonly known as DR goes a long way for seasonal support and is a wonderful “must” for every family especially at this time of year when we are exposed to colds and flu. It is a wonderful alternative to cold medicines (especially, with all the information now coming out, about how dangerous some of these over-the-counter remedies can be!)

\*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.

Listed below are the noted differences found in these three immune-strengthening products.

[Nutriferon](#) delivers the highest level of daily protection, by increasing the production of the body's natural interferon. Interferon's (IFNs) are proteins made and released by host cells in response to the presence of pathogens?such as viruses, bacteria, or parasites or tumor

Defend and Resist supercharges the immune system when you start to feel the need.

Defend and Resist Complex can help your body respond to seasonal challenges by

giving your immune system what it needs to stay strong,\* with the unique formula based on standardized herbal extracts.

aims at a higher standard achieving the best health possible by delivering specific nutrients, protected by **Shaklee Guard**. This design provides for our bodies, first-line defenders, cell builders and cell protectors. Provides a baseline increasing resistance to infectious disease and supplying daily support for your immune system. Formula I gives you one easy to take capsule with six vitamins and four minerals – all key immuno active nutrients. Shaklee Guard ensures freshness and stability.



## Category

1. Resources

## Tags

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