

# Resilient Spirit - Immune Boost Tincture

## DESCRIPTION

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### The Complete Immune System — Activated, Protected, Strengthened

Your immune system is not a single line of defense — it is a complex, multi-layered system that requires constant support and intelligence to function optimally. Our **Immune Boost Tincture** is the most comprehensive immune formula we make, bringing together eight of the world's most clinically validated botanical immune agents — each targeting a different layer and mechanism of immune function.

Whether you're facing an acute infection, recovering from illness, going through a high-stress period, or simply wanting to build long-term immune resilience, this formula delivers what your body needs.

### What This Tincture Is Made For

- Prevention and treatment of colds and flu
- Acute immune activation during illness
- Long-term immune building and resilience
- Stress-related immune suppression
- Post-illness immune recovery
- Seasonal immune support

### The Formula — Ingredient Breakdown

**Echinacea** (*Echinacea purpurea*) — The most studied immune herb in the Western world. Over 800 published studies validate its ability to reduce cold duration by 1–4 days, activate macrophages and NK cells, and provide antiviral action against rhinovirus and influenza. The immediate-acting immune activator of this formula.

**Elderberry** (*Sambucus nigra*) — Clinically proven to reduce influenza duration by 2–4 days. Anthocyanins in Elderberry bind directly to influenza virus hemagglutinin proteins, preventing the virus from attaching to host cells. Rich in vitamins C, B6, and quercetin — comprehensive immune nutritional support.

**Astragalus (*Astragalus membranaceus*)** — The long-term immune builder. While Echinacea activates immune response acutely, Astragalus builds immune strength over time. Its polysaccharides feed and grow the immune system's cellular army. Cycloastragenol, its most remarkable compound, activates telomerase — the anti-aging enzyme. Used for months and years, Astragalus reshapes immune capability.

**Rosehips (*Rosa canina*)** — Nature's richest source of Vitamin C — 20× more than oranges. GOPO, a unique galactolipid in Rosehips, provides additional anti-inflammatory and joint-protective actions. The complete vitamin and antioxidant profile of Rosehips provides the nutritional co-factors the immune system requires to manufacture antibodies, cytokines, and immune cells.

**Andrographis (*Andrographis paniculata*)** — The "King of Bitters" from Ayurveda and TCM — one of the most powerful antiviral and antibacterial herbs known. Andrographolide inhibits viral replication directly and activates NF-kB-independent immune pathways. Studied for influenza, COVID-19, dengue fever, and respiratory infections with impressive clinical results.

**Olive Leaf (*Olea europaea*)** — Oleuropein, the primary compound in Olive Leaf, has the broadest antimicrobial spectrum of any botanical — inhibiting bacteria, viruses, fungi, and parasites. Its unique mechanism of breaking down pathogens' outer envelope makes it effective against organisms that have developed resistance to conventional treatments.

**Tulsi / Holy Basil (*Ocimum tenuiflorum*)** — The Ayurvedic "Queen of Herbs." Tulsi is an adaptogenic immunomodulator — it normalizes immune response whether overactive or underactive. Eugenol and other phytochemicals provide antiviral, antibacterial, and anti-inflammatory actions while simultaneously calming the stress response that suppresses immune function.

**Ginger (*Zingiber officinale*)** — A warming, circulation-enhancing immune activator. Ginger increases body temperature (beneficial in fighting infection), activates sweating to eliminate pathogens, stimulates the lymphatic system, and provides potent anti-inflammatory and antimicrobial activity. The dynamic activating force of this formula.

## How to Use

**Preventive:** 1–2 ml, 2 times daily. **Acute (active illness):** 2–3 ml every 2–3 hours for the first 24 hours, then 3 times daily for 7–10 days. Best taken in warm water with honey and lemon during active illness.

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