



## PATENTED FORMULATION OF MICRONUTRIENTS IN SUPPORTING IMMUNITY

The winter months are usually marked by an increase in influenza cases all over the northern hemisphere. This winter has seen a significant increase in cases of respiratory infections including influenza, a continued rise in cases of COVID-19, and the additional threat from respiratory syncytial virus (RSV) infections. This combination of three respiratory viruses, or “triple threat” which is also referred to as “triple-demic,” is a cause of concern for many. RSV is typically a mild infection causing cold and congestion. It is common in infants, the elderly, and people with a compromised immune system, and is the most common cause of respiratory complications including bronchitis and pneumonia in this population.

The body’s ability to fight these pathogens is considerably lower during colder seasons. Transmission of the influenza virus, SARS-CoV-2 and its mutated forms, and RSV is further facilitated in winter because of people gathering and staying indoors. An optimally functioning immune system is the key to staying healthy all year long. Its main function is to recognize and destroy foreign pathogens. Specialized cells in the immune system (lymphocytes) remember specific proteins (called antigens) produced by the viruses and produce antibodies against them as a protection from future attacks. Our immune system depends on both specific cells in the bloodstream as well as immune-modulating organs called lymphoid organs which include the lymph nodes, spleen, tonsils, thymus gland, liver, and bone marrow.

A healthy diet with abundant fruits and vegetables, basic hygiene, sleep, exercise, and other measures are required for protection against specific viral or bacterial infections. In addition, an optimum supply of micronutrients is also equally important. Micronutrients interfere in different stages of the viral life cycle. For example, vitamin C helps in the inactivation of viral DNA of the influenza virus, thus limiting viral reproduction. Vitamin C also aids in antibody



production and phagocytic function of white blood cells. Other micronutrients such as lysine, vitamin D, green tea, N-acetyl cysteine, zinc, selenium, and certain plant extracts are also important in supporting the lymphoid tissues in the thymus gland, the function of the white blood cells and overall building of a healthy immune system.

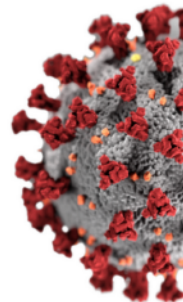
At the Dr. Rath Research Institute, we investigated vitamin C alone and in combination with micronutrients to evaluate their efficacy against the human influenza virus and SARS-CoV-2 including its mutants. The results showed that a combination of the micronutrients:

- Inhibited viral entry into the cells
- Reduced the multiplication of viruses inside the cells
- Reduced the ability of the virus to infect other cells
- Stabilized and reinforced the natural connective tissue barrier in order to curtail the spread of viruses in the tissue.

Moreover, the synergistic micronutrient mixture was more effective than vitamin C alone in reducing viral activity. The micronutrient combination was effective in all stages of viral infection including before, during, and after exposure, suggesting its enormous potential in natural control.

These research results are published in various peer-reviewed journals and these combinations of micronutrients have recently received patents from the US Patent Office.

When reaching for over-the-counter medicines to fight the flu, carefully read the label, since many drugs have serious side effects. One of our studies has proven that this micronutrient combination can also be effective in protecting the liver and kidney from damage induced by acetaminophen, a popular anti-fever drug. As the triple viral threat peaks during the winter months, micronutrient supplementation should be considered as an important means of immune system support.



This information is provided to you by the Dr. Rath Research Institute a leader in the breakthrough of natural health research in the field of cancer, cardiovascular disease and other common diseases. The Institute is a 100% subsidiary of the non-profit Dr. Rath Health Foundation.

The ground-breaking nature of this research poses a threat to the multi-billion dollar pharmaceutical “business with disease”. It is no surprise that over the years the drug lobby has attacked Dr. Rath and his research team in an attempt to silence this message. To no avail. During this battle, Dr. Rath has become an internationally renowned advocate for natural health. Says he: “Never in the history of medicine have researchers been so ferociously attacked for their discoveries. It reminds us that health is not given to us voluntarily, but we need to fight for it.”

This information is based on scientific research results. It is not intended to substitute for medical advice to treat, cure, or prevent any disease.  
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