IMMUNE HEALTH
with echinacea, panax ginseng and rosemary

THE WELLNESS PROBLEM
It’s a very rare person who doesn’t experience the familiar symptoms of the common cold or influenza (flu) at some time or another – often more than once a year.

The common cold is the most frequent infectious disease in humans with the average adult contracting two to four infections a year and the average child contracting between 5–10 infections. (Source: nps.org.au)

While colds and flu are both infectious diseases of the respiratory tract (throat, nose, airways, lungs) that share many similar symptoms (e.g. mild fever, nasal congestion or discharge, cough, headache, fatigue), they are distinctly different conditions. Generally speaking, cold symptoms come on slowly and are confined to the nose and throat. Flu symptoms tend to come on faster affecting the nose, throat and chest and may be accompanied by severe body aches and pains, high fever and shivering.

THE MODERE SOLUTION
With its powerful combination of herbal ingredients Immune Health is your first line of defence against colds and influenza.

Echinacea is traditionally used to stimulate the immune system and some clinical evidence shows its effectiveness in the early treatment of colds. Hyssop is a traditional herbal remedy for coughs, sore throats and is an expectorant. Thyme is a member of the herbal pharmacopeia known for its use in cough mixtures and Irish moss is also a traditional expectorant. Combined, this powerful formula will assist the immune and respiratory systems in the defence against everyday attacks.

Immune Health can also promote recovery during periods of illness, and, when taken regularly, it may help to boost the response time of the immune system allowing it to effectively maintain health and wellness.
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WELLBEING BENEFITS OF IMMUNE HEALTH

Respiratory health
- Helps to relieve the symptoms of colds and flu such as cough, catarrh, sore throat and tiredness
- Helps to provide relief from mucous congestion
- Can be used to reduce the severity and duration of colds
- Provides relief from the symptoms of upper respiratory tract infections

General wellbeing
- Helps to provide stamina and endurance
- Supports a healthy immune response
- Beneficial during convalescence after illness

LIFESTYLE TIPS
- To assist in the management of colds and flu avoid alcohol, caffeine, refined foods, sugars and saturated fats.
- The Modere Detoxification Diet offers a healthy eating plan while recuperating.
- Get plenty of rest. Drink lots of liquids particularly water or clear soups.
- Use a little Breathe on a tissue to help relieve hay fever and catarrh symptoms.
- Set-up steam inhalations – add Breathe essential oil to the steamer.
- Minimise and/or avoid stress.

FACTS

ACTIVE INGREDIENTS
Echinacea purpurea (echinacea), Panax ginseng, Rosmarinus officinalis (rosemary), Hyssopus officinalis (hyssop), Thymus vulgaris (thyme), Chondrus crispus (Irish moss), Crataegus monogyna (hawthorn), Verbascum thapsus (mullein)

DIRECTIONS FOR USE
Adults: Take three tablets, 4 times a day on an empty stomach. Children 6-12 years: Take three tablets, 1-2 times daily on an empty stomach. Children 2-5 years: Take one tablet, 1-3 times daily on an empty stomach. Tablets may be crushed and added to water or fruit juice.
Pack size: 180 tablets.

PRECAUTIONS
Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional. Not to be used in children under two years of age without medical advice.

FREE FROM
Milk, gluten, preservatives, sugars, artificial colours and flavours, and yeast. Suitable for vegetarians and vegans.

Listed on the Australian Register of Therapeutic Goods, AUST L 235223.