

# Vita-Kids Immune

## Liquid Immune Support for Children

### DESCRIPTION

Vita-Kids Immune, supplied by Douglas Laboratories, provides a synergistic combination of herbs, vitamins and minerals designed to support immune health in a great tasting natural grape flavored liquid.

### FUNCTIONS

Free radicals are unstable compounds formed in the body during metabolism and from exposure to environmental sources such as pollution and cigarette smoke. Free radicals are necessary for energy metabolism and immune function, but when an excessive number of free radicals are formed, they can attack healthy cells, especially their membrane lipids and proteins. This, in turn, is thought to affect a number of body processes, including optimal functioning of the immune system.

Beta-carotene is an important antioxidant nutrient that protects healthy cells from oxidative and free radical damage. Numerous studies have demonstrated the importance of beta-carotene for normal immune function. The immune benefits of beta-carotene are due to its vitamin A precursor role and its antioxidant functions.

Zinc is an essential trace element involved in most major metabolic pathways. General signs of human zinc deficiency indicate that zinc has important functions in maintaining immune function, reproduction, healthy skin, and growth. Numerous studies support the fundamental role of zinc in normal immune response in humans. Immune cells must be able to rapidly divide in order to respond to daily challenges. Like all rapidly dividing cells, immune cells depend on adequate amounts of dietary zinc.

Blueberries contain a powerful class of antioxidants known as proanthocyanidins. Proanthocyanidins are among the most powerful natural free-radical scavengers yet discovered. As such, proanthocyanidins have their own unique place in the body's overall protection against harmful free radical damage.

Healthy immune function can also be maintained by supporting a well balanced production of cytokines. Studies using elderberry have indicated that it may have effective immuno-protective abilities, including supporting a

balanced production of cytokines. Honeysuckle has also been reported for its immuno-protective properties.

### INDICATIONS

Vita Kids Immune may be a useful dietary supplement for individuals wishing to support normal immune health.

### FORMULA (#99893)

#### 1 Teaspoon Contains:

Vitamin A (as Beta Carotene) .....	2,500 IU
Zinc (as zinc gluconate) .....	3 mg
Blueberry powder (fruit) .....	150 mg
Elderberry Extract .....	100 mg
(fruit, standardized to 3.2% anthocyanins)	
Honeysuckle (flower) .....	30 mg

Other Ingredients: purified water, natural glycerin, stevia, xanthan gum, citric acid, potassium sorbate and natural grape flavor

### SUGGESTED USE

Take 1 teaspoon daily or as directed by your healthcare professional.

### SIDE EFFECTS

No adverse side effects reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Barak V, Halperin T, Kalickman I. The effect of Sambucol, a black elderberry-based, natural product, on the production of human cytokines: I. Inflammatory cytokines. Eur Cytokine Netw. 2001 Apr-Jun;12(2):290-6

Bendich A. Beta-carotene and immune response. Proc Nutr Soc 1991;50:263-274

Keen CL, Gershwin ME. Zinc deficiency and immune function. Annu Rev Nutr 1990;10:415-431.

Manthey JA. Biological properties of flavonoids pertaining to inflammation. Microcirculation 2000;7(6 Pt 2):S29-34.

Prasad AS. Zinc: an overview. Nutrition 1995;11:93-99.

Tsuchihashi H, Kigoshi N, Iwatsuki M, Niki E. Action of b-carotene as an antioxidant against lipid peroxidation. Arch Biochem Biophys 1995;323:137-147.

(continued on reverse)

**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.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440**