

# Immune Complete

- With Nutrients Contributing to the Normal Function of your Immune System

Boost your immune system

The immune system – the body's natural defence against unwanted invaders – helps to ensure our health and wellbeing. Diet, lifestyle, and physical and mental strain all influence the strength of the body's resistance. When the body has sufficient resources, i.e. energy, vitamins and minerals and other substances, available, it is able to coordinate and control cell activity to keep the body healthy. Fitness Pharma have developed a dietary supplement specifically for this purpose.

Fitness Pharma Immune Complete contains three products:

- A Multivitamin/Mineral tablet
- A Astaxanthin/Bilberry capsule
- A Chlorella/Green tea capsule.

For more information, visit  
[www.fitnesspharma.uk.com](http://www.fitnesspharma.uk.com)

New!  
Contains three products



Immune Complete is available from health food shops and selected pharmacies.

**Fitness Pharma®**  
A DAILY ENERGY BOOSTER

# Fitness Pharma Immune Complete

## - Boosts the immune system

<b>Use:</b>	Triple pack containing nutrients contributing to the normal function of your immune system
<b>Contents:</b>	28 convenient daily doses
<b>Recommended dosage:</b>	1 multivitamin/mineral tablet + 1 Astaxanthin/Bilberry capsule + 1 chlorella/green tea capsule taken daily
<b>Ingredients:</b>	<p><i>Vitamin/Mineral tablet:</i> Bulking agents [Calcium carbonate, Microcrystalline cellulose], Vitamins &amp; Minerals [Vitamin C (Ascorbic acid), Ferrous fumarate], Anti-caking agents [Magnesium stearate, Silicon dioxide], Vitamins &amp; Minerals [Zinc oxide, Vitamin A (Retinol palmitate)], Glazing agent [Hydroxypropyl methyl cellulose], Vitamins &amp; Minerals [Vitamin D (Ergocalciferol), Copper sulphate, Vitamin B6 (Pyridoxine hydrochloride), Vitamin B12 (Cyanocobalamin prep), Folic acid, Sodium selenite].</p> <p><i>Astaxanthin/Bilberry capsule:</i> Sunflower seed oil, Gelatin, Stabilisers [Glycerol, White beeswax, Lecithin], Astaxanthin, Bilberry extract, Antioxidant [dl-alpha tocopheryl acetate], Colour [Iron oxide].</p> <p><i>Chlorella/Green tea capsule:</i> Sunflower seed oil, Gelatin, Stabilisers [Glycerol, White beeswax], Green tea extract [Camellia sinensis], Emulsifier [Soya lecithin], Colours [Titanium dioxide, Iron oxide, Chlorophyllin copper complex].</p>

### Daily dose contains:

1 Multivitamin/Mineral tablet  
1 Astaxanthin/Bilberry capsule  
1 Chlorella/green tea capsule

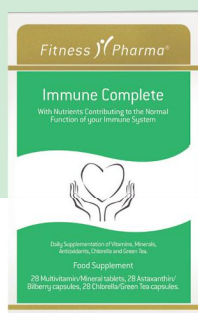
#### Daily dose contains:

<b>Vitamin</b>		
Vitamin A	800 µg RE	100% RDA
Vitamin D	10 µg	200% RDA
Vitamin C	160 mg	200% RDA
Vitamin B6	2.8 mg	200% RDA
Folic acid	400 µg	200% RDA
Vitamin B12	5 µg	200% RDA
<b>Mineral</b>		
Iron	14 mg	100% RDA
Zinc	15 mg	150% RDA
Copper	1500 µg	150% RDA
Selenium	110 µg	200% RDA

Astaxanthin 2 mg  
Bilberry extract 27 mg  
(Corresponding to 6.5 mg anthocyanidines)

Chlorella algae powder 150 mg  
Green tea extract 50 mg  
(corresponding to 20 mg catechines)

RDA = Recommended daily allowance



### Nutritional Requirements

The immune system – the body's natural defence against unwanted effects – helps to ensure our health and wellbeing. Diet, lifestyle, and physical and mental strain all influence the strength of the body's resistance. When the body has sufficient resources – energy, vitamins and minerals and other substances available, it is able to coordinate and control cell activity to keep the body healthy.

Fitness Pharma have developed a dietary supplement especially for that purpose so you can use the same product every day:

#### **Fitness Pharma Immune Complete.**

For more information, see the following individual active ingredient descriptions.

#### **Vitamins and minerals**

A multivitamin/mineral tablet is probably the most common way of obtaining a dietary supplement. The vitamins and minerals are nutritional substances that meet different physiological needs in the body's metabolism. Some vitamins and minerals have a special influence on the function that maintains immune system function.

**Fitness Pharma Immune Complete** contains 100-200% of the recommended daily intake per daily dose of the vitamins and minerals that are scientifically proven to sustain the normal function of your Immune System.

#### **Astaxanthin & Bilberry Anthocyanidins**

Astaxanthin is a dark pink pigment found in phytoplankton and algae providing the fish and birds which eat them, such as salmon, trout, shrimp, lobster and flamingos, with their pink colour. Astaxanthin, often referred to as nature's sunscreen, is a potent antioxidant with far greater antioxidant activity than beta-carotene and vitamin E. It helps to block sun damage to the skin, increase cellular energy, and help to boost immunity. Astaxanthin also supports anti-aging through the effect on cellular health.

Anthocyanidins are part of the flavonoid family, which provide the purple colour to many flowers, fruits and vegetables and provide many health-promoting benefits. Of the anthocyanidins, the most active are the proanthocyanidins found in purple, blue and dark red berries like bilberry. Proanthocyanidins are known to have potent antioxidant properties. These pigments become incorporated into cell membranes where they protect against water and fat soluble free radicals. Proanthocyanidins may play a preventative role in many conditions such as oxidative stress as well as collagen and capillary protection.

**Fitness Pharma Immune Complete** includes a capsule containing 2 mg of the antioxidant agent Astaxanthin in combination with an extract of Bilberry equivalent to 6.5 mg Anthocyanidins.

#### **Chlorella & Green tea**

Chlorella pyrenoidosa is a single-celled freshwater species of algae and one of the oldest known organisms. Throughout history, microalgae have been used as part of the diet in many cultures because of their nutritional properties, but only within the last century have the algae been cultivated expressly for nutritional purposes. Chlorella is bright green in colour due to its high natural chlorophyll content. Chlorophyll plays a key role in the plants' conversion of sunlight into energy through photosynthesis.

Green tea is the leaf of the common tea bush which has been exposed to minimal oxidation during production. Green tea is especially popular in China and Japan and has also recently gained ground in the West, where the tradition has been to drink black tea. Owing to the gentle processing of the crop, green tea leaves have a very high antioxidant content – as much as 35%.

**Fitness Pharma Immune Complete** includes a capsule containing 150 mg chlorella algae powder in combination with 150 mg green tea extract.

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