



# Immune Health Product Guide

## Supporting the body's complex immune system

A healthy immune system provides multiple response layers against environmental influences. The strength of this barrier is influenced by internal and external factors that can deplete the body's reserves:



**Stress**



**Lack of  
exercise**



**Unhealthy  
diet**



**Inadequate  
rest**



**Advanced  
age**



**Frequent  
travel**

## Raise your defense

Adequate macro- and micronutrient intake plays an essential role in immune cell functions and key metabolic pathways. Replenishing nutrients essential to healthy immune function can help. Some patients may benefit from higher levels of certain nutrients than a typical multivitamin or normal diet supplies. Meanwhile, probiotics support immune health by promoting growth of beneficial intestinal flora.\*

And don't forget, adequate rest, relaxation, recreation, and social ties are all associated with greater vitality and longevity.\*

## Why Metagenics immune-support products?

There's no room for doubt when it comes to what you put in your body. That's why, from proper ingredient sourcing to advanced continuous testing, we've set the bar high for ourselves and for the industry.

We do our own testing on every ingredient and every batch because consistency matters—and we want every capsule, tablet, and softgel to be safe and effective. With 48,000+ quality control tests conducted annually, we promise to deliver reliable formulas you can depend on.

**TruQuality™**  
PURITY, POTENCY, TRANSPARENCY

## Put us to the test

TruQuality offers the very first platform of its kind, granting full visibility to testing information for every single batch we make

That's transparency you can trust

Visit [TruQuality](#)





## Targeted support

For those seeking immune system support for everyday challenges, these products contain a variety of ingredients carefully crafted to meet your needs.\*

Formula	Description	Features & Applications	Available Sizes	Serving Size
<a href="#"><u>500-C Methoxyflavone™</u></a>	Citrus bioflavonoid complex	<ul style="list-style-type: none"> <li>• Features 500 mg of vitamin C per tablet and a specialized complex of full-spectrum bioflavonoids including methoxyflavones such as hesperidin, naringin, neohesperidin, narirutin, eriocitrin, didymin, poncirin, and other phenolic compounds.*</li> <li>• Vitamin C is a powerful antioxidant that plays an important role in healthy immune function and is essential for collagen production.*</li> </ul>	270 tablets	1 tablet
<a href="#"><u>Andrographis Plus®</u></a>	Herbal immune support*	<ul style="list-style-type: none"> <li>• Delivers a proprietary blend of Ayurvedic and Asian herbs including concentrated andrographis extract and amla designed to support immune health.*</li> <li>• A proprietary herbal preparation traditionally used to support lung health rounds out this advanced immune support formula.*</li> </ul>	30 tablets 90 tablets	1 tablet
<a href="#"><u>Echinacea Synergy™</u></a>	Herbal immune support*	<ul style="list-style-type: none"> <li>• Botanical blend of selected extracts—including a patented perilla seed extract—from plants traditionally used to support immune health.*</li> </ul>	60 tablets 120 tablets	1 tablet
<a href="#"><u>Essential Defense®</u></a>	Immune support*	<ul style="list-style-type: none"> <li>• Formulated with time-honored, traditional Chinese ingredients used to support healthy immune function.*</li> </ul>	30 tablets	2 tablets

## Targeted support cont.

Formula	Description	Features & Applications	Available Sizes	Serving Size
<a href="#"><u>ImmuCore®</u></a>	Multidimensional support for healthy immune function*	<ul style="list-style-type: none"> <li>Designed to provide a multiple mechanistic approach to support immune system health. This formula features Ultra Potent-C®—developed for enhanced cellular uptake of vitamin C, combined with zinc, vitamin D, and a concentrated blend of mushroom extracts.*</li> </ul>	90 tablets	1 tablet
<a href="#"><u>Immune Active™</u></a>	Featuring quercetin, NAC, EGCG, zinc, and vitamin C	<ul style="list-style-type: none"> <li>Immune Active provides high-potency vitamin C and zinc and features quercetin, NAC, and EGCG to help support a healthy immune response and promote antioxidant processes.</li> </ul>	60 capsules	2 capsules
<a href="#"><u>Mycotaki®</u></a>	Supports an immune system under occasional stress*	<ul style="list-style-type: none"> <li>Features a concentrated water extract of 7 nourishing mushrooms with an extensive history of use in supporting human health.*</li> <li>Helps to support cellular defenses and a healthy immune system, which are critical for maintaining vitality and overall wellbeing. Ideal for those seeking additional immune support during occasional physical or emotional stress.*</li> </ul>	90 tablets	2 tablet
<a href="#"><u>Nazanol™</u></a>	Traditional Chinese formula featuring Chinese skullcap root	<ul style="list-style-type: none"> <li>Herbal combination is formulated according to traditional precepts and is used throughout China to support healthy nasal and sinus function.*</li> <li>Prepared using ultramodern extraction technologies and analytical techniques to ensure batch-to-batch consistency for predictable results.*</li> </ul>	30 tablets	1 tablet
<a href="#"><u>Sinuplex®</u></a>	Herb and nutrient blend featuring vitamin C and quercetin	<ul style="list-style-type: none"> <li>Features a unique blend of vitamin C, quercetin, stinging nettle root extract, bromelain, and N-acetylcysteine—designed to support healthy respiratory function.*</li> <li>These ingredients are carefully selected and manufactured with advanced processing technologies to preserve the potency and stability of delicate components.</li> </ul>	120 tablets	1 tablet
<a href="#"><u>SuperGarlic 6000®</u></a>	Super-concentrated 6,000 mcg allicin per tablet	<ul style="list-style-type: none"> <li>Special enteric coating designed to dissolve in the intestine—not the mouth or stomach—so you get all the benefits of garlic without the garlic breath. Garlic helps to support cardiovascular and immune system health.*</li> </ul>	90 tablets	1 tablet



## Vitamin C

Vitamin C is a powerful antioxidant and helps support the immune system.\*

Formula	Description	Features & Applications	Available Sizes	Serving Size
<a href="#"><u>Ultra Potent-C® 500</u></a>	Gentle, buffered vitamin C for immune support*	<ul style="list-style-type: none"> <li>• Proprietary, patented vitamin C formula that features a buffered delivery system designed to help prevent the potential stomach upset sometimes associated with high vitamin C intake.*</li> <li>• Supports healthy immune function and is a good source of antioxidants from vitamin C.*</li> </ul>	90 tablets	1 tablet
<a href="#"><u>Ultra Potent-C® 1000</u></a>	Gentle, buffered vitamin C for immune support*	<ul style="list-style-type: none"> <li>• Proprietary, patented vitamin C formula that features a buffered delivery system designed to help prevent the potential stomach upset sometimes associated with high vitamin C intake.*</li> <li>• Supports healthy immune function and is a good source of antioxidants from vitamin C.*</li> </ul>	90 tablets	1 tablet
<a href="#"><u>Ultra Potent-C® Chewable</u></a>	<ul style="list-style-type: none"> <li>• Easy-to-chew tablet</li> <li>• Natural Orange Blast flavor</li> <li>• Excellent immune health support*</li> </ul>	<ul style="list-style-type: none"> <li>• Exclusive, patented vitamin C formula in a great-tasting natural Orange Blast flavor.</li> <li>• In addition to providing support for immune health and antioxidant protection, vitamin C is essential for the production of collagen and connective tissue.*</li> <li>• One tablet of Ultra Potent-C Chewable provides the same amount of vitamin C found in four oranges.*</li> </ul>	90 chewable tablets	1 chewable tablet
<a href="#"><u>Ultra Potent-C® Powder</u></a>	Gentle, buffered vitamin C for immune support*	<ul style="list-style-type: none"> <li>• Proprietary, patented vitamin C formula that features a buffered delivery system designed to help prevent the potential stomach upset sometimes associated with high vitamin C intake.*</li> <li>• Supports healthy immune function and is a good source of antioxidants from vitamin C.*</li> </ul>	122 servings	¼ rounded teaspoon (1.95 g)





## Vitamin D

Sometimes you have to create your own sunshine. Vitamin D is an important vitamin that supports bone, cardiovascular, immune, and neurological health,<sup>\*</sup> and according to the National Center for Health Statistics, three-quarters of US adults are deficient in vitamin D.<sup>1</sup> Metagenics vitamin D formulas feature vitamin D<sub>3</sub>—the most bioactive form of supplemental vitamin D. It comes in easy-to-swallow softgels, tablets, and liquid formulations.

Formula	Description	Features & Applications	Available Sizes	Serving Size
<a href="#"><u>D<sub>3</sub> 1000™</u></a>	Bioactive vitamin D in microtablet delivery form	• Features high-potency vitamin D <sub>3</sub> —the most bioactive form of supplemental vitamin D—in easy-to-swallow microtablets. Vitamin D is important for maintaining healthy bone strength and immune function.*	120 tablets	1 tablet
<a href="#"><u>D<sub>3</sub> 2000™ Complex</u></a>	Isoflavone-activated support formula	• Delivers 2,000 IU of the preferred form of vitamin D, as vitamin D <sub>3</sub> , in each tablet. The inclusion of isoflavones may help facilitate the body's utilization of vitamin D <sub>3</sub> .*	90 tablets	1 tablet
<a href="#"><u>D<sub>3</sub> 5000™</u></a>	High-potency, bioavailable vitamin D	• Features 5,000 IU of vitamin D <sub>3</sub> in easy-to-swallow softgels. This bioavailable form of vitamin D is solubilized in oil to support absorption in the intestinal tract.*	120 softgels	1 softgel
<a href="#"><u>D<sub>3</sub> 5,000 + K</u></a>	High-potency, bioactive vitamin D with vitamin K	• Provides 5,000 IU per softgel of vitamin D (as D <sub>3</sub> ), designed for greater absorption. This high-potency formula also includes bioavailable forms of vitamin K <sub>2</sub> (menaquinone-7) to complement vitamin D.	60 softgels	1 softgel
<a href="#"><u>D<sub>3</sub> 10,000 + K</u></a>	High-potency, bioactive vitamin D with vitamin K	• Provides 10,000 IU per softgel of vitamin D (as D <sub>3</sub> ), designed for greater absorption. This high-potency formula also includes bioavailable forms of vitamin K <sub>2</sub> (menaquinone-7) to complement vitamin D.	60 softgels	1 softgel
<a href="#"><u>D<sub>3</sub> Liquid</u></a>	Designed for enhanced absorption*	• Delivers 1,000 IU of vitamin D in an easy-to-use liquid format.	2,275 servings	1 drop

1. Ginde AA et al. Demographic differences and trends of vitamin D insufficiency in the US population, 1988-2004. *Arch Intern Med.* 2009;169(6):626–632.



## Zinc

Zinc is an essential mineral and plays an important role in maintaining healthy immune system function.\* Metagenics offers zinc products in both tablet and liquid forms.

Formula	Description	Features & Applications	Available Sizes	Serving Size
<a href="#">Zinc AG™</a>	GI-friendly, highly absorbable zinc	<ul style="list-style-type: none"> <li>• Features zinc as an amino acid chelate with arginine and glycine designed to be highly absorbable and well-tolerated.*</li> <li>• Zinc is especially important for immune and tissue health.*</li> <li>• Zinc is also a component of numerous enzymes in the body related to energy metabolism, bone mineralization, and protein synthesis—and plays a role in male reproductive health.*</li> </ul>	60 tablets 180 tablets	1 tablet
<a href="#">Zinc Drink™</a>	Liquid zinc supplement	<ul style="list-style-type: none"> <li>• Provides zinc in a convenient liquid supplement that can be mixed with water or juice.</li> <li>• Zinc is an essential trace mineral that is needed for the activity of numerous enzymes associated with energy metabolism.*</li> <li>• Zinc plays an important role in maintaining healthy immune system function.*</li> </ul>	28 servings	1 teaspoon (5 mL)
<a href="#">Zinc Tally™</a>	Zinc status test	<ul style="list-style-type: none"> <li>• May provide a simple method for evaluating zinc status.</li> <li>• After placing 10 mL of Zinc Tally in the mouth, a lack of taste or a delayed taste perception suggests a possible zinc insufficiency.*</li> <li>• An immediate taste perception suggests zinc status may be adequate.*</li> <li>• Zinc Tally may also be taken as a supplement.</li> </ul>	12 servings	2 teaspoons (10 mL)



## Probiotics

There are over 3.8 trillion bacteria in the body, mainly residing in the intestines, but the benefits of probiotics, or “friendly” bacteria, extend far beyond the gut.<sup>1</sup> The gut plays an active role in immune health. Most people think probiotics work by directly impacting the gut composition, but it’s actually the interactions of the probiotics and the compounds they produce with immune cells, food and nutrients, and other microorganisms in the gut that impact health.<sup>2</sup>

Unhealthy diets, stress, and other factors can disrupt the body’s balance of “good” and “bad” microorganisms and affect digestive, urogenital, and immune health. A quality probiotic can help promote a healthy microbial balance to support multiple aspects of health.\*

Formula	Description	Features & Applications	CFU (total)	Available Sizes	Serving Size
<a href="#">UltraFlora® Immune Booster</a>	Targeted probiotic support for healthy nasal, sinus & respiratory function*	<ul style="list-style-type: none"> <li>• <b>Strains:</b> <i>L. paracasei</i> 8700:2, <i>L. plantarum</i> HEAL9</li> <li>• Blend of highly viable, pure strains of “friendly” bacteria that have been clinically shown to support healthy nasal and sinus function*</li> </ul>	1 billion	30 capsules	1 capsule
<a href="#">UltraFlora® Balance</a>	Daily probiotic support for gastrointestinal & immune health*	<ul style="list-style-type: none"> <li>• <b>Strains:</b> <i>L. acidophilus</i> NCFM®, <i>B. lactis</i> Bi-07®</li> <li>• Support for a healthy intestinal environment*</li> <li>• Convenient capsule form†</li> </ul>	15 billion	60 capsules 120 capsules	1 capsule
<a href="#">UltraFlora® Synergy</a>	Daily probiotic for immune health & digestive support*	<ul style="list-style-type: none"> <li>• <b>Strains:</b> <i>L. acidophilus</i> NCFM®, <i>B. lactis</i> Bi-07® FOS (420 mg)</li> <li>• Features valuable prebiotics to promote the growth of beneficial bacteria*</li> <li>• Great for seniors or those who prefer powder form†</li> <li>• Valuable prebiotics (fructooligosaccharides) to promote the growth of beneficial bacteria.*</li> </ul>	15 billion	1.76 oz (50 g) powder	About 1/4 teaspoon (.75 g)

### References:

1. Sender R et al. *PLoS Biol.* 2016;14(8):e1002533.
2. ISAPP Infographic: “Probiotics: Dispelling Myths,” 2018.



## Probiotics cont.

Formula	Description	Features & Applications	CFU (total)	Available Sizes	Serving Size
<a href="#">UltraFlora BiomePro</a>	Multistrain Clinically effective doses	<ul style="list-style-type: none"> <li>• <b>Strains:</b> <i>L. acidophilus</i> NCFM®, <i>B. lactis</i> Bi-07®, <i>B. lactis</i> BI-04, <i>L. plantarum</i> Lp-115, <i>L. rhamnosus</i> GG, <i>B. lactis</i> HN019, <i>L. rhamnosus</i> HN001, <i>L. paracasei</i> Lpc-37</li> <li>• Features clinically effective doses of eight probiotic strains to support gastrointestinal and immune health*</li> <li>• Offers multidimensional support for a healthy intestinal environment*</li> <li>• One convenient capsule†</li> </ul>	105 billion	30 capsules	1 capsule
<a href="#">UltraFlora Spectrum</a>	Broad spectrum probiotic for gastrointestinal & immune health*	<ul style="list-style-type: none"> <li>• <b>Strains:</b> <i>Saccharomyces boulardii</i>, <i>B. lactis</i> Bi-07®, <i>L. plantarum</i> Lp-115, <i>L. salivarius</i> Ls-33, <i>L. acidophilus</i> NCFM®, <i>B. lactis</i> BI-04, <i>S. thermophilus</i> St-21</li> <li>• Multidimensional intestinal and immune health support*</li> <li>• Upper and lower GI health support*†</li> </ul>	30 billion	30 capsules 60 capsules	1 capsule
<a href="#">UltraFlora Acute Care</a>	Targeted relief for acute bowel distress*	<ul style="list-style-type: none"> <li>• <b>Strains:</b> <i>B. lactis</i> HN019, <i>L. rhamnosus</i> HN001, <i>Saccharomyces boulardii</i></li> <li>• Relief for occasional loose stools*</li> <li>• Immune health support*†</li> </ul>	5.5 billion	30 capsules	1 capsule
<a href="#">UltraFlora Intensive Care</a>	Targeted relief for occasional GI discomfort*	<ul style="list-style-type: none"> <li>• <b>Strain:</b> <i>L. plantarum</i> 299v</li> <li>• Targeted relief for occasional GI discomfort*</li> <li>• Support for immune health*</li> </ul>	20 billion	60 capsules	2 capsules
<a href="#">UltraFlora Integrity</a>	Targeted to help support intestinal immune health*	<ul style="list-style-type: none"> <li>• <b>Strain:</b> <i>L. salivarius</i> UCC118</li> <li>• May influence tight junctions between intestinal cells*</li> <li>• May beneficially influence immune cell signaling processes*</li> <li>• <i>L. salivarius</i> UCC118 is patented†</li> </ul>	100 million	30 capsules	1 capsule

CFU, colony-forming units; *L.*, *Lactobacillus*; *B.*, *Bifidobacterium*; *S.* *Streptococcus*

† Non-GMO, gluten-free, and vegetarian

‡ Non-GMO, gluten-free

NCFM® and Bi-07® are registered trademarks licensed by DuPont.



## Children's health

For young children, balanced nutrition is especially important for healthy growth and development as well as a strong immune system. MetaKids™ formulas are designed for immune support specifically with children in mind. Kids' little bodies hold big potential, and with a proper nutritional foundation, you can help give your growing child a healthier, happier future.\*

Formula	Description	Features & Applications	CFU (total)	Available Sizes	Serving Size
<a href="#">MetaKids™ Baby Probiotic</a>	Probiotic support for babies and young children*	<ul style="list-style-type: none"> <li>• <b>Strains:</b> <i>B. lactis</i> BB-12®, <i>L. rhamnosus</i> LGG®</li> <li>• Promotes a healthy intestinal environment*</li> <li>• Convenient, easy-to-use dropper enables precision dosing†</li> </ul>	1 billion	0.19 fl oz (5.65 mL)	6 drops (0.27 mL)
<a href="#">MetaKids Probiotic</a>	Chewable daily probiotic support*	<ul style="list-style-type: none"> <li>• <b>Strains:</b> <i>B. lactis</i> BB-12®, <i>L. rhamnosus</i> LGG®</li> <li>• Daily probiotic support for gastrointestinal &amp; immune health*</li> <li>• Support for a healthy intestinal environment*</li> <li>• Great for kids and those who prefer a chewable form</li> <li>• Grape-flavored tablets†</li> </ul>	10 billion	60 tablets 120 tablets	2 chewable tablets
Formula	Description	Features & Applications	Available Sizes		Serving Size
<a href="#">MetaKids Baby DHA &amp; D<sub>3</sub></a>	DHA & vitamin D support for infants*	<ul style="list-style-type: none"> <li>• Features DHA to help support brain, vision, and nervous system development in babies*</li> <li>• Vitamin D<sub>3</sub>—the most bioactive form of supplemental vitamin D, important for maintaining healthy bone structure and immune function in infancy.*</li> </ul>	2 fl oz (60 mL)		1 mL
<a href="#">MetaKids D<sub>3</sub> Liquid</a>	For healthy bone and immune support*	<ul style="list-style-type: none"> <li>• Features 1,000 IU of bioavailable vitamin D<sub>3</sub> liquid for children ages 4 and above</li> </ul>	2 fl oz (59.14 mL)		1 drop (about 0.026 mL)

† Non-GMO, gluten-free, and vegetarian



## Additional support

Are you looking to go above and beyond? Consider incorporating these formulas into your regimen for additional immune system support.\*

Formula	Description	Features & Applications	Available Sizes	Serving Size
<a href="#">BioPure Protein®</a>	Bioactive pure whey protein with naturally occurring immunoglobulins	<ul style="list-style-type: none"> <li>Bioactive, pure whey protein concentrate with naturally occurring immunoglobulins, which may help support healthy immune function.*</li> <li>Provides nutritional support for individuals who wish to add a high quality protein to their diet to help promote health and wellbeing.*</li> </ul>	15 servings (by weight)	About 2 scoops (23 g)
<a href="#">Candibactin-AR®</a>	Concentrated aromatic essential oils	<ul style="list-style-type: none"> <li>Features concentrated essential oils from red thyme and oregano blended with other herbal extracts from the aromatic mint family.</li> <li>Traditional use of thyme oil is focused on supporting the health of the gastrointestinal and upper respiratory tracts.*</li> </ul>	60 softgels 120 softgels	1 softgel
<a href="#">Candibactin-BR®</a>	Concentrated berberine formula for intestinal support*	<ul style="list-style-type: none"> <li>Combines berberine hydrochloride, Oregon grape extract, and coptis root extract, with a proprietary extract of Chinese herbs—including ginger, licorice, and skullcap—to support healthy detoxification of the liver and gallbladder, as well as healthy immune, detoxification, and elimination functions.*</li> </ul>	90 tablets 180 tablets	2 tablets
<a href="#">Endura®</a>	Hydrate & replenish*	<ul style="list-style-type: none"> <li>Formulated to help support fluid balance.*</li> <li>When used as directed, delivers key electrolytes such as sodium and potassium to help replace those lost through sweating during exercise, activity, or hot weather conditions.*</li> <li>Helps support hydration during exercise. Maintaining sufficient hydration aids exercise performance and endurance.*</li> <li>When used as directed, supplies 100 mg potassium and 150 mg of Sustamine® per serving to help support exercise performance.*</li> </ul>	30 packets (1 box)	1 packet (5.56 g)

## Additional support cont.

Formula	Description	Features & Applications	Available Sizes	Serving Size
<a href="#"><u>GlutaClear®</u></a>	Advanced glutathione support*	<ul style="list-style-type: none"> <li>• Features a blend of key ingredients designed to help boost the body's production of glutathione, a primary antioxidant throughout the entire body.*</li> <li>• Glutathione plays an important role in protecting the body against oxidative stress and supporting liver detoxification processes.*</li> </ul>	120 tablets	2 tablets
<a href="#"><u>Hemp Advantage™ Plus</u></a>	Patent-pending formula featuring organic, broad-spectrum hemp extract and palmitoylethanolamide (PEA)	<ul style="list-style-type: none"> <li>• PEA supports bodily comfort and may increase subjective measures of quality of life.*</li> <li>• PEA helps modulate biochemical pathways associated with the immune system, which may support a healthy immune response.*</li> <li>• PEA helps support neurological health, as evidenced by preclinical studies.*</li> </ul>	60 softgels	1 softgel (2 times daily)
<a href="#"><u>Perimine®</u></a>	Patented extract of perilla seed ( <i>Perilla frutescens</i> ) for immune health support*	<ul style="list-style-type: none"> <li>• Features a patented extract of perilla seed (<i>Perilla frutescens</i>), a unique herb traditionally used to promote healthy immune function. Perilla seed extract features a concentrated blend of biologically active flavonoids, including luteolin and rosmarinic acid.*</li> </ul>	60 tablets	1 tablet
<a href="#"><u>Probioplex® Intensive Care</u></a>	Bioactive immunoglobulins & prebiotic factors	<ul style="list-style-type: none"> <li>• Innovative formula produced by a temperature/pH controlled microfiltration process that yields biologically active immunoglobulins. These immunoglobulins help support healthy intestinal immune activity.*</li> <li>• Supplies lactoferrin and lactoperoxidase, proteins that support intestinal health and friendly bacteria such as lactobacilli and bifidobacteria.*</li> </ul>	180 tablets 5.29 oz. (150 g) powder	2 tablets About 1 Tbsp. (5 g) powder
<a href="#"><u>SPM Active®</u></a>	Specialized pro-resolving mediators	<ul style="list-style-type: none"> <li>• Designed to help support the body's natural capacity to respond to physical challenges and resolve the immune response.*</li> </ul>	60 softgels 120 softgels	2 softgels

For more information on all Metagenics products, visit [Metagenics.com](https://www.metagenics.com) or contact your local Metagenics representative.

\* 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.



Genetic Potential Through Nutrition