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ImmunoVie

Box of 90 capsules

Complex compound of plants with antioxidant properties which preserve and reinforce the immune defences, allowing the body to resist to the various external invaders (bacteria, viruses, fungi) that may cause diseases.

The immune system:

The body is attacked by micro-organisms called antigens: bacteria, viruses, parasites (fungi, dust mites, worms), chemical pollutants (insecticides, fungicides, and pesticides), antibiotics, pollen, heavy metals, radiations, grafts... The immune system fights thanks to the white globules (leucocytes and lymphocytes) and to the antibodies which react in two modes: by innate resistance (non-specific) and by an acquired resistance (specific) which is activated if the first if the innate resistance is insufficient.

Innate immunity, as from birth, it comprises three types of barriers against external aggressions: mechanical (skin, mucous membranes, hair, etc), chemical (tears, saliva, gastric juices, pH of the mucous membranes, urine, etc.) and biological (antimicrobial substances produced by the organism). They prevent, except in the event of wounds, the penetration of pathogenic agents.

Acquired immunity is ensured by the production of lymphocytes specific to one antigen. The antigens are destroyed by the T lymphocytes and the macrophages, or by the B lymphocytes which produce the antibodies. If this antigen is presented again in the organism, it will be identified by those specific antibodies. Acquired immunity thus develops following an exposure to a first infection, but also after a vaccination.

Dysfunctions:

A weak immunity can be responsible for many illnesses: ENT infections, recurring cystitis, vaginal infections, ocular infections, rheumatism, fungi, frequent eruptions of herpes, shingles, tumorous phenomena... The immune response can even be harmful in cases of allergies or auto-immune reactions.

Allergies: an over-sensitivity of the immune system in presence of allergenic agents recognized as pathogenic (dust mites, pollen, venom of insects, chemicals, food, etc). It can be respiratory, cutaneous or digestive.

Auto-immune reactions : the organism produces antibodies which destroy some of its very own cells. It is the case of multiple sclerosis, certain diabetes, myopathia, hypothyroidisms, etc. Cases of immunodeficiency can also be caused by immunosuppressants like some radiations, drugs (to reduce the risks of rejection in the event of organ transplantation or graft), chemical or virus (AIDS).

Instructions:

Take 1 to 2 capsules per day after the meals.

Nutrition:

The nutritional state and food are determining for the effectiveness of the immune response.

Vitamins allow maintaining the number of leucocytes and in particular:

- Beta-carotene or Pro-vitamin A which is transformed by the body into vitamin A. Its antioxidant properties reinforce the membrane of the cells. The main sources are carrots, blueberries, apricots, broccoli, parsley, etc...

- Vitamin E (alpha-tocopherol) - It has antioxidant effects; it can be found in mechanical first crushing oils, in butter, in eggs...

- Vitamin C (ascorbic acid) - Present in vegetables and in fresh fruits, particularly in blackcurrant, kiwis, lemons and sweet peppers. Vitamin C helps the organism to resist infections. It also supports the absorption of iron present in food.

Certain minerals of organic origin, also contribute to the reinforcement of immune system: magnesium, selenium, copper, gold, silver, zinc, iron and manganese.

The essential fatty acids insure the quality of the cellular membrane and take part in the production of anti-inflammatory immunizing molecules. They are divided into two categories:

- Linoleic acid: vegetable oils (nut, onager, borage, soy, flax...) - Alpha-linoleic acid: fish oils

Improvement of our immune system:

Many diseases result from the proliferation of free radicals which have a noxious effect on the membrane of the cells, and the immune response is largely dependant on the effectiveness of the receptors located on the cell membrane, if their operation is impaired or faulty the immune response will be weak and/or inappropriate. The oxidizing effect of the free radicals also deteriorates the cells and organism implied in the immune response.

Amongst other things, properly chosen food, rich with antioxidants, will allow maintaining the number of leucocytes and to fight efficiently against the presence of free radicals.

- Eat fresh food, preferably from biological agriculture.

- Cooking with vapour in order to preserve vitamins and mineral while keeping the original taste of food.

- Drink 1.5 to 2 litres of water per day, if possible not during meals.

- Avoid excessive exposure to the sun, to the electromagnetic or ionizing waves and to toxic products (tobacco, pesticides, solvents and some industrial cosmetics) in order to slow down the cellular ageing process.

- Do not neglect sleep, rest and relaxing activities to maintain and support the recovery capacities and the resistance to infections.

Action of ImmunoVie:

The plants composing ImmunoVie strengthen the immune response with:

- Its anti-free radical effect fights against the oxidation of the cells, tissues and organs constituent, among others, of the digestive system, the heart, the brain, the veins and arteries, the skin,...

- Its draining effect that allows the elimination of toxins.

The plants also contribute to the proper functioning of the spleen which plays a significant role in the immune system.

Composition:

Lepidium sativum, Ammi visnaga, Acorus calamus, Rheum officinale, Prunus avium, Nigella sativa, Syzygium aromaticum, Nux muscatus, Acacia xanthophloea - Plant origin capsules.

Complementary treatments:

DynOrgan for its stimulant action on the inner organs (liver, kidneys, spleen, gall bladder) and for the elimination of toxins. **Deflatil** for its positive effect on the intestine tissues that insure a proper absorption of the nutrients and the maintenance of the mucous membrane. **CholestCure and CardioVascine** for the elimination of cholesterol and an optimized blood circulation.

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