



The Experts Discuss Immune Function

The Scientific Advisory Board is committed to providing high-quality, well-researched, proven-effective products that deliver nutrients the way nature intended. You can depend on the SAB for sound scientific guidance to help you make informed life choices. In this issue, SAB members discuss the importance of maintaining a strong immune system with the help of Carotenoid Complex™.



Dr. Arianna Carughi is a Fellow at Stanford University for her post-Doctoral research, and a Certified Nutrition Specialist, a title granted by the American College of Nutrition. She is also the recipient of the Neizer Fellowship from Stanford University and a National Institute of Health research grant in experimental nutrition.

Dr. Arianna Carughi: Why is the USDA study using Carotenoid Complex™ so important to the average person?

“The USDA study shows three things. One, a low carotenoid diet (or a diet low in carotenoid rich fruits and vegetables) drastically reduces our immune potential. Two, supplementation with Carotenoid Complex™ boosts immune potential as much as 37 percent as demonstrated by significant increases in lymphocyte proliferation and in the number of “natural killer” cells. Both these types of cells are essential players in our immune system’s vigilant role to maintain short and long term health. Lymphocyte proliferation is a standard measure of the immune system’s ability to defend the body from attack by viruses or bacteria. Three, supplementation with a single carotenoid, beta-carotene, does not have the same immune boosting effect of Carotenoid Complex™, which provides a full spectrum of carotenoids.”

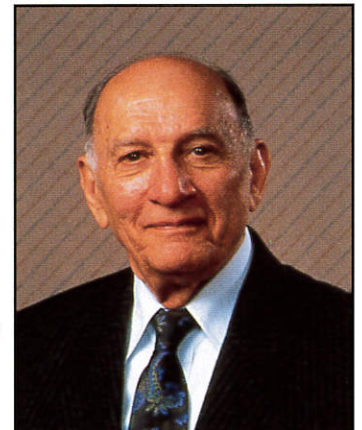


As an expert in the field of human nutrition and biochemistry, Dr. Fred Hooper has written numerous scientific publications, studies, articles, abstracts, and presentations in the field of nutrition. He has participated in research on vitamins, hormones, lipids, and amino acids, and is a noted product formulator and educator.

Dr. Fred Hooper: How does Carotenoid Complex™ enhance immune function?

“The immune system is the body’s best weapon against infectious diseases because it recognizes viruses and bacteria as foreign material and then destroys them. It also recognizes and destroys cells that have been invaded by viruses and may even be able to recognize and destroy certain tumor cells. Supplementation with Carotenoid Complex™ enhances immune function by strengthening the body’s natural defense system, a type of white blood cells called “natural killer” cells. The USDA study measured a 20 percent increase in “natural killer” cells after 20 days of supplementation. A well-functioning immune system appears to be an individual’s best defense against all diseases and the best assurance of a good, healthy, long life.”

Dr. Arthur Furst, Toxicologist and Distinguished University Professor Emeritus at the University of San Francisco, is the Senior Member of the SAB. Of his many honors, Dr. Furst was recently reconfirmed as a Diplomat of the Academy of Toxicological Sciences, a distinction held by fewer than 100 scientists nationwide. He is recognized as the world’s foremost authority on toxicology. He is also internationally recognized as a pioneer cancer researcher, is a member of 15 scientific societies and a Fellow of five, and has written more than 250 publications.



Dr. Arthur Furst: How does all this apply to the prevention of cancer?

“Cancer is a protein foreign to the body. However, the immune system is not normally set up to recognize cancer as a foreign protein. The cancer cells “hide” in the body, thereby giving the cancer cells time to proliferate throughout the system. Supplementation of antioxidants, such as those in Carotenoid Complex™, can strengthen the immune system. As carotenoids boost the body’s ability to identify cancer cells, more “natural killer” cells are produced. The body then sends the “natural killer” cells to the cancer site. Because Carotenoid Complex™ strengthens the immune function, it helps the body prevent cancer.”