



Cellular Function

Booster C 600™

Immune-support supplement



Sometimes our immune system simply needs a boost. Stress, traveling, and busy schedules can leave us feeling run down and less than our best. USANA's **Booster C 600** supplies a powerful blend of ingredients shown to support immune defenses in those times when we need to stay healthy. The delectable, lemon-berry flavored powder can be taken straight or mixed with water for an immune boost anytime, anywhere.

POLY C® AND ZINC DEFEND THE CELLS

Deficiency in vitamin C or zinc, which is needed for normal development and function of many white blood cells, may make individuals more susceptible to impaired immune response. Healthy adults generally need at least 75–90 mg of vitamin C and 8–11 mg of zinc per day to avoid severe deficiency.

In addition to delivering 10 mg of zinc, **Booster C 600** is a high potency source of 600 mg vitamin C. An essential, water-soluble nutrient that our body cannot produce on its own, vitamin C must be obtained from the diet. It supports white blood cell production and is maintained in cells to protect against oxidative stress, which is important for maintaining cellular integrity and proper function. Vitamin C also helps regenerate vitamin E, which is another nutrient important for healthy immunity. **Booster C 600** includes a unique combination of ascorbic acid, sodium ascorbate, and USANA's proprietary **Poly C®**, which has been shown to provide higher and longer-lasting levels of vitamin C in the blood.

ECHINACEA AND ELDERBERRY FOR EXTRA IMMUNITY SUPPORT

People have used the herb Echinacea throughout history to support the immune system. Several laboratory and animal studies suggest that Echinacea contains active substances that enhance the activity of the immune system, including polysaccharides, glycoproteins, alkalimides, volatile oils, and flavonoids. With short-term use, *Echinacea purpurea* extract has been shown to naturally support a healthy immune system. It is recommended that Echinacea only be used only for short periods, generally two weeks or less.

Elderberry is another herb long used for its beneficial effect on the immune system. Elderberries contain more anthocyanins—a type of flavonoid—than blueberries. As antioxidants, anthocyanins help protect healthy cells, and support the production of cytokines to regulate immune responses.

WHY BOOSTER C 600™?

Staying healthy is vital to performing at our best every day. Many immune health products contain vitamin C, but only **Booster C 600** contains USANA's proprietary **Poly C** vitamin C blend to deliver stronger, longer-acting antioxidant defense. Blended with a high-quality, effective form of Echinacea, plus zinc and elderberry, **Booster C 600** provides a perfect, portable solution for giving our immune system a little added support when we need it.

ITEM #143

SUPPLEMENT FACTS

SERVING SIZE: 1 STICK PACK (3.9 g)		
AMOUNT PER PACKET		%DV*
CALORIES	10	
TOTAL CARBOHYDRATES	2 g	1%
SUGARS	2 g	
VITAMIN C (AS POLY C® – CALCIUM, MAGNESIUM, POTASSIUM, AND ZINC ASCORBATES – SODIUM ASCORBATE AND ASCORBIC ACID)	600 mg	1000%
ZINC (AS AMINO ACID CHELATE)	10 mg	66%
BLACK ELDERBERRY EXTRACT (SAMBUCUS NIGRA L.)	30 mg	†
ECHINACEA EXTRACT (ECHINACEA PURPUREA)	100 mg	†

*PERCENT DAILY VALUE BASED ON A 2,000 CALORIE DIET.
†%DV NOT ESTABLISHED.

OTHER INGREDIENTS: EVAPORATED CANE SYRUP, CRYSTALLINE FRUCTOSE, XYLITOL, NATURAL LEMON FLAVOR, STEVIA.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR UNIFORMITY, POTENCY, AND DISINTEGRATION, WHERE APPLICABLE.

BOOSTER C 600 PROVIDES A POTENT DOSE OF IMMUNE-BOOSTING INGREDIENTS. DO NOT EXCEED RECOMMENDED DOSE, AND DO NOT USE LONGER THAN TWO WEEKS.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

References

- Lila MA. Anthocyanins and Human Health: An In Vitro Investigative Approach. *J Biomed Biotechnol.* 2004;2004(5):306-313.
- Shah S a, Sander S, White CM, Rinaldi M, Coleman Cl. Evaluation of echinacea for the prevention and treatment of the common cold: a meta-analysis. *The Lancet infectious diseases.* 2007;7(7):473-80.
- Stimpel M, Proksch A, Wagner H, et al. Macrophage activation and induction of macrophage cytotoxicity by purified polysaccharide fractions from the plant *Echinacea purpurea*. *Infect Immun.* 1984;46:845-849.

*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.