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Natural Immune Support by Marc Warner

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In addition to the obvious discomforts of being sick, the time loss associated with illness isproblematic to our fast-paced society. The financial cost can also be a burden on all impacted by a sick person. In 2011, Walgreen's reported its survey of Americans showed the flu was responsible for 100 million sick days, $68 million dollars in paid leave and 32 million missed school days. Overall, the survey found all related costs (missed days, child care, health care bills, etc.) of respondents at between $251 and $1,000 each in 2010.

Sufficient sleep, well-rounded nutrition and good hygienic practices go a long way in this fight, but most people still need help. Pharmaceuticals can help address symptoms, but a group of dietary supplement ingredients go beyond this reactionary benefit to offer help strengthening the immune system, inhibiting sickness and shortening the duration of illness. ImmunoSmart is a key product to help reduce sickness and the duration of an illness.

Botanicalssuch as Echinacea, elderberry, and garlic extract have all garnered a good deal of attention for improved immune function, but have mixed signals from the scientific research world. VitaminsC and D are shown to stimulate immune cells,however, again there is a lack of scientific evidence and most studies have been done by looking at vitamin deficiencies.

Probiotics are beneficial microorganisms that help control the critical balance of the digestive system, preventing growth of undesirable bacteria and pathogens. A healthy intestine, or GI tract, is essential in protecting against disease and improving overall health.Between 70 and 80 percent of immunity is mediated within the gut.

The NutraSense Company in Lenexa, KS, offers a full line of nutritional supplements both sourced and manufactured in the USA and are backed by clinical science. NutraSense chose Dr. ShahaniÂ® brand of L. Acidophilus DDS-1 Probiotics because of their 50+ years of research and development. NutraSense sells various Joint Health Care products and Vegetarian Glucosamine to help an individualâ€™s overall health.

Numerous research studies have proven that probiotics, both naturally present in the gut and supplemented in the diet, improve NK cell activity (â€œnatural killersâ€•), antibody production, digestion, liver function and detoxification, thereby decreasing the risk of various illnesses, carcinogens and infections.Probiotics have also been clinically proven to help with a broad number of health issues such as: Irritable Bowel Syndrome, allergic conditions, skin & dental health, supporting healthy blood pressure levels, pain relief support, anti-inflammatory agents and cardiovascular health and wellness.

Buy NutraSense American made nutritional supplements online at www.nutrasense.com or call 800-350-7017 for customer support and a Complete Product Catalog today.

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Marc Warner - About Author:
The author of this article has expertise in a ImmunoSmart. The articles on a Joint Health Care reveals the authorâ€™s knowledge on the same. The author has written many articles on Vegetarian

Glucosamine as well.

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