

Immune System Supplements:

BUYER BEWARE

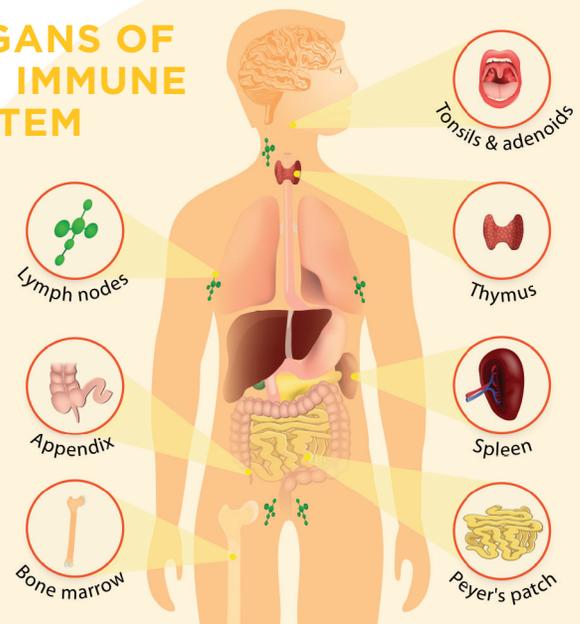
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THE IMMUNE SYSTEM

There are an abundance of supplements on the market that claim to boost, enhance, or support the immune system and its ability to protect the body. Although many products make these claims, there is an obligation, to take control of your health, and to ask how these supplements affect your body.

The immune system is a complex integration of synergistic segments that are constantly bombarded by stimuli from internal and external sources.¹ It's composed of lymph nodes, bone marrow, and organs such as the spleen and thymus, all of which contribute to the support of specific immune cells.² The different elements of the immune system work together to ultimately protect the body and support a healthy system - which means that finding a product to support immune health, begins with knowing which components of the system need to be addressed.

ORGANS OF THE IMMUNE SYSTEM



References:

1. Pizzorno JE, Murray MT, Joiner-Bey H. *The Clinician's Handbook of Natural Medicine Second Edition*. St. Louis, MO. Churchill Livingstone; 2008
2. Pan M-H, Chiou Y-S, Tsai M-L, Ho C-T. Anti-inflammatory activity of traditional Chinese medicinal herbs. *Journal of Traditional and Complementary Medicine*. 2011;1(1):8-24.

SUPPLEMENT REGULATIONS

The Food and Drug Administration (FDA) regulates label claims on dietary supplements to prevent manufacturing companies from using false or misleading statements.⁵

Although these standards are put in place, there are still misleading products on the market. Using established and well-known supplement brands is one way to avoid these fraudulent products.

In addition, consider following these tips (suggested by the FDA):

- ✔ Ask yourself if the claim seem exaggerated or unrealistic
- ✔ Search for supplements using reliable sources such as professional brand supplements only available through your healthcare practitioner
- ✔ Ask your healthcare provider to help distinguish between reliable and questionable information
- ✔ Check with the manufacturer for information to support the claims of the product (but be mindful that supplement manufacturers are legally not able to help answer questions related to use of a product for specific health conditions or symptoms - always talk with your healthcare practitioner regarding use of supplements)

Questions regarding supplementation?

Contact _____ at _____
to discuss your unique needs and questions.

Reference:

5. Dietary Supplements: What You Need to Know. Food and Drug Association Web site. <http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm109760.htm> Published November, 2015, Updated January 6, 2016. Accessed October 31, 2016.