

A Brief On ImmiFlex

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* Immiflex Pro contains 1-3, 1-6 beta glucans and vitamin D. The combination has been proved to improve immune function and protect against infection.

*We are constantly surrounded by potentially disease-causing bacteria, viruses and other micro-organisms, and it is the job of the immune system to prevent these from invading the body and causing infection. Much of the time it does this very effectively, but a number of factors are known to impair immune function, and increase the risk of illness.

The key immuno-suppressant factors include HIV and malnutrition, together with chronic stress, high levels of physical activity and long-distance air travel. The last three factors are particularly relevant to professional athletes and sports-persons, and can result in both overt infection and chronic under-performance. This group in particular benefits from immuno-priming, which restores immune function and protects against infection.

The immune system comprises two sub-systems, namely the innate and the acquired immune systems. The innate immune system is more important in protecting us against infection than the acquired immune system, which is a second line of defence. All innate immune cells have a receptor called the CR3 receptor, which identifies and binds to 1-3, 1-6 beta glucans, compounds which occur in pathogens such as yeasts. The innate immune cells depend on the presence of 1-3, 1-6 beta glucans to operate effectively.

The over-sanitisation of our environment and the removal of yeast from the food chain has left the CR3 receptor under-occupied, and this has impaired the innate immune system. This has reduced our immunity to both infection and to cancer. Natural CR3 receptor agonists normalise innate immune function, thereby increasing immunity to infection and amplifying innate cancer-killing mechanisms.

*Technical detail:

It is thought that innate immune cells possess the CR3 (beta glucan) receptor because the innate immune system evolved in a microbiologically more 'dirty' environment than exists today, and is effectively designed to work best under conditions of constant background stimulation by yeast. Yeast was until recently universally present in the food chain, but has been removed by the widespread agricultural use of fungicides, and modern food safety techniques. There is considerable evidence that the removal of yeast and other residues from our environment has rendered the innate immune system less effective, and has unbalanced the acquired immune system: this is known as the 'pathogenic hygiene hypothesis'. Taking a 1/3, 1/6 beta glucan supplement restores innate immune normality, and this, via the mucosal dendrocytes, improves the TH1 / TH2 ratio (in the acquired immune system) in a way that is associated with reduced risk and severity of allergy symptoms.

*Vitamin D.

Like the beta glucans, Vitamin D is essential to immune function. It acts at the nuclear Vitamin D receptor (VDR), which is found on all immune cells. Vitamin D depletion causes substantial immunological impairment, and has been linked to an increased risk of infection and many auto-immune diseases. This has global implications as D depletion is prevalent in the temperate zones.

The current RDI was set many years ago and was designed to maintain bone density. This was before the immune functions of D were discovered, and the dose of D required to support immune function is considerably higher. Immiflex contains the immune-protective dose, which is completely safe as it is still lower than the amount produced in the skin during sun-bathing.

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