

ANTHONY ROBBINS INNER BALANCE™ LIFE BALANCE PACK

Natural Defense

HOW IT WORKS

Natural Defense contains a unique blend of food-based ingredients including key antioxidants formulated to propel the body's immune system, disarming toxic microorganisms while supporting the creation of healthy new cells. The powerful combination of natural herbs in Natural Defense enhances immune function while helping improve overall physical health, vitality and emotional health.

Natural Defense:

- Supports a healthy immune system
- Provides abundant antioxidants

WHY YOU NEED IT

If you live in an area that gets cold or has a flu season, work inside an air-conditioned office or travel a lot, you probably get sick often; at the very least, you know how it feels when your body's not quite running on all cylinders. Natural Defense was specially designed to help people like you boost your immune system by arming your body with the right nutrients in the right amounts.

The innovative combination of arabinogalactan and echinacea in Natural Defense boosts immune function much more than arabinogalactan could on its own. In one study, women taking the arabinogalactan/echinacea combination in equal amounts to those in Natural Defense exhibited an 18% increase in complement, an important aspect of immune function, in addition to showing significant improvements in overall physical health, vitality, and emotional health after just four weeks of using the product. Other women taking echinacea without arabinogalactan derived less benefit.

Beta glucan, a substance derived from the cell wall of *Saccharomyces cerevisiae*, is another powerful ingredient included in Natural Defense for its immuno-stimulating properties. In studies, animals fed beta glucan were better able to fight off infections related to many different bacteria, viruses, and fungi. Similarly, patients who sustained multiple traumas and were treated with beta glucan had fewer infections and cases of pneumonia as well as fewer deaths compared to a similar group of patients who took the placebo. Beta glucan works by stimulating immune function in several ways: First, it increases the number of macrophages, which clean up harmful pathogens floating around in the blood; second, it increases the secretion of lysozyme, which also clears harmful substances from the blood; and third, beta glucan increases cytolytic activity, which fights off cancer cells.

Natural Defense also includes ample antioxidants required for optimum immune function. Since most people typically don't eat enough fruits and vegetables, which supply most of the dietary antioxidants, supplementation is necessary. Natural Defense has key antioxidants typically missing from the diet such as vitamins E and C, zinc, and selenium. Antioxidants increase the ability of white blood cells to kill off foreign invaders and stabilize the cells' wall so bacteria and other toxins can't enter them and kill the cells. The antioxidants provided by Natural Defense also prevent the formation of free radicals, which are highly charged particles that are formed by normal, everyday living and breathing and can damage your cell walls, eventually leading to disease.

PRODUCT DESCRIPTION

One-month supply of Natural Defense capsules

INSTRUCTIONS FOR USE

Daily serving: Three capsules per day. This product works best if taken with a meal.

Natural Defense is part of the Life Balance Pack and not sold individually.

Price: Life Balance Pack \$199.99

To order visit TonyRobbins.com/InnerBalance

Toll Free: **1.877.464.4733**

Supplement Facts	
Serving Size: 3 Capsules Servings Per Container: 30	
Amount Per Serving	% DV
Calories	5
Total Carbohydrate	1 g <1%*
Dietary Fiber	1 g 4%*
Vitamin C (from <i>Cycas revoluta</i> extract)	100 mg 167%
Zinc (as L-OptiZinc® Zinc L-Methionine Complex)	20 mg 133%
Arabinogalactan	1500 mg †
Beta 1, 3 Glucan	30 mg †
CoEnzyme Q10	15 mg †
Proprietary Blend Astragalus root, Echinacea purpurea (leaf and stem), Elderberry fruit	150 mg †

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

OTHER INGREDIENTS: Pullulan, rice flour, purified water, medium chain triglycerides, magnesium stearate, silica.

DIRECTIONS: As a dietary supplement, take three vegetarian capsules daily, preferably with food.

