

PROTECT - BE WELL, STAY WELL!



When we interact with other persons at work, at the gym or when travelling, we get exposed to their germs. We also experience physical and psychological stress in our daily life. All these factors affect our immune system, our physical health and overall wellness.

Zinzino Protect allows for a self-care approach to your health. It is an all-natural supplement with ingredients designed to protect you, by enhancing immunity, so you may be well and stay well.

Protect contains a unique and effective vegan vitamin D3, ensuring optimal innate and adaptive immunity and specialized and standardized 1,3/1,6 Beta-glucans derived from baker's yeast. Protect works best when taken daily, as the key innate immune cells are renewed every 1-2 days and they all need priming in order to work effectively.

Multiple clinical trials have demonstrated the effectiveness of the ingredients used, which all are natural, vegan, gluten-free and GMO-free.

- ▶ **Vitamin D3 boosts your immune system¹**
- ▶ **High potency 1,3/1,6 Beta glucans, clinically proven**
- ▶ **All natural**
- ▶ **Vegan**
- ▶ **GMO-free**
- ▶ **Gluten-free**

OUR 2 IMMUNE SYSTEMS

We have two immune systems: the innate immune system and the adaptive immune system.

Most of the time, the innate immune system is more important in protecting us against infection. It consists of specialised cells and enzymes that are always present and ready to fight microbes at the site of infection as soon as the threat appears. The adaptive immune system can remember specific pathogens so it can provide long-lasting defence and protection against recurrent infections. Vitamin D is crucial to activating all our immune defences, and without sufficient intake of the vitamin, the immune system is less able to fight off infections in the body.

VITAMIN D

The most important form of vitamin D for your health is vitamin D3 (cholecalciferol). D3 is made in your skin when you get enough sunlight, but also occurs in foods such as fatty fish, shrimps, egg and beef liver. In the northern part of the world, sun exposure is less, and therefore the skin does not produce enough vitamin D3, which is why so many have low vitamin D levels.

There is only one vegan source of vitamin D3, namely lichen. The vegan vitamin D3 in Protect comes from organically grown lichen. Our vitamin D3 is certified vegan and GMO-free.

Vitamin D2 (ergocalciferol) is commercially obtained from plants such as mushrooms and soy. Vitamin D2 alone is not enough, which is why vegetarians often have a vitamin D deficiency.

Vitamin D3 is superior to D2 in increasing and sustaining the vitamin levels in your body so choose either a supplement which contains vitamin D3 only or one which contains optimal levels of both D3 and D2.

1,3/1,6 BETA GLUCANS

The 1,3/1,6 Beta-glucans in Protect is a specialized and standardized form of Beta-glucans derived from a proprietary strain of baker's yeast. The 1,3/6 Beta-glucans prime innate immune cells, allowing them to react more effectively. 1,3/1,6 Beta-glucans are naturally found in foods such as baker's yeast, shiitake mushrooms, and some cereal grain but these have different structures and in studies are only half as effective. Yeast 1,3/1,6 Beta-glucans are different from the 1,3/1,4 Beta-glucans in oats (used in Zinobiotic), which have very different functions in the body.

Wellmunes® 1,3 /1,6 Beta-glucans is the result of many years of research, with more than €260 million invested in pre-clinical and clinical studies by leading university and government institutions. Wellmune® is protected by more than 40 patents and documented by 13 clinical trials that support its safety and efficacy.

NUTRITION CLAIMS (EFSA)

¹ Vitamin D contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE vitamin D as listed in the Annex to Regulation (EC) No 1924/2006. ¹ Vitamin D contributes to the normal function of the immune system in children. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE vitamin D as listed in the Annex to Regulation (EC) No 1924/2006

BOX CONTENT

Protect contains 60 capsules.

RECOMMENDED DAILY DOSE: Adults and children over 11 years - 1 capsule daily. Do not exceed the recommended dose.

STORAGE: Store in a cool, dry place out of reach for children.

NOTICE: Food supplements should not be used as a substitute for a varied and balanced diet. If you are pregnant or breastfeeding - consult your doctor before use.

FAQ PROTECT

When should I take Protect? Protect should be taken daily to provide immune benefits. The average life span of an innate immune cell is approximately 24-36 hours, so it is important to continually take Protect to boost the new immune cells that the body is constantly producing.

Do I find Beta glucans in normal food? 1,3/1,6 Beta-glucans are found in foods, but these have different structures and in studies are only half as effective.

Are there people who shouldn't take Protect? Anyone who has received an organ transplant should be cautious. This is theoretically a risk group, even though pre-clinical tests have not found any problems.

Does Protect have any side effects? No.

What happens if I take too much? The upper daily intake for vitamin D is 100 µg and this equals 5 capsules. If larger doses are taken by mistake over time, you should contact your doctor.

What happens if I miss a dose? Don't worry! The effects of Protect continue for a day or so after missing a dose.

How long does it take before Protect starts to work?

Protect has an effect after 48 hours.

Nutritional value per capsule

Yeast (<i>Saccharomyces cerevisiae</i>) 1,3-1,6 Beta-glucans*	200 mg
Vitamin D3 (400% of the reference value)	20 µg

*Wellmune®