



NATURE'S SUNSHINE

Defense Maintenance

GOOD FOR

Immune System

Liver

Lymphatic System

SIZE **120 Capsules**ITEM # **1654**SERVING **2**SUPPLY **30 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Defense Maintenance brings together a carefully chosen blend of vitamins, minerals, and plant-based ingredients that work together to help your body stay strong, fight off everyday stress, and keep your natural defenses running smoothly. From well-known nutrients like vitamins A, C, and E to time-honored herbs like astragalus and eleuthero, every ingredient plays a real role in supporting your overall health.

Vitamin A — Think of vitamin A as a behind-the-scenes guardian. It helps keep the body's natural barrier tissues in good shape, supports a healthy immune response, and contributes to antioxidant protection inside cell membranes. It also plays a well-known role in supporting healthy vision and normal iron use in the body.

Vitamin C — One of the most recognized nutrients for immune health, vitamin C is a powerful antioxidant that helps protect cells from everyday wear and tear. It also helps the body absorb iron more effectively, supports the adrenal glands during times of stress, and plays a key role in keeping connective tissue strong and resilient.

Vitamin E — Vitamin E is the body's go-to fat-soluble antioxidant, working right inside cell membranes to help stop damage before it spreads. Research shows it helps protect red blood cells from oxidative stress and supports healthy circulation. It works especially well when paired with vitamin C, as the two reinforce each other's protective effects.

Zinc — Zinc is a trace mineral your immune system genuinely depends on. It helps the body produce and regulate immune cells, supports healthy testosterone levels in men, and acts as a key building block for one of the body's own antioxidant systems. It also helps keep cortisol in check during stressful periods, making it a true all-rounder for everyday resilience.

Selenium — Selenium is a trace mineral that powers some of the body's most important internal antioxidant systems, helping neutralize harmful free radicals and keep the immune system balanced. Research has shown it can support healthy thyroid antibody levels and is especially valuable for people whose diets may be low in this often-overlooked mineral.

Astragalus — Astragalus root has been used in Traditional Chinese Medicine for centuries and is now one of the most researched immune-supporting herbs available. Clinical studies suggest it may help the body respond more effectively to everyday immune challenges, support healthy energy levels, and provide meaningful antioxidant protection across multiple body systems.

Eleuthero — Often called Siberian ginseng, eleuthero is a classic adaptogen — an herb that helps the body handle physical and mental stress more gracefully. Research supports its ability to help regulate cortisol, improve stamina, and support the adrenal glands. It has a long history of use in both Russian and Chinese traditional medicine for building endurance and resilience.

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