The best way to build defenses going into flu season is to make sure the body’s immune system is as strong as it can be. As it turns out, we are hard pressed to think of anything that can boost immune systems better than plant flavonoids!

Phyto Renew contains a long list of heavy hitter flavonoids, including resveratrol, grapeseed extract and D-limonene, along with all of the following:

**Quercetin**: Petra AI, et al. (2015) reported that there are two things they consider most beneficial for inflammation: fecal transplants and flavonoids!

**Blueberry, Raspberry, Blackberry & Pomegranate (fruit)**: Small berries have long been considered as one of the richest sources of natural antioxidants (Manganaris GA, et al. 2013.) “Blueberries are rich in antioxidants known as anthocyanins, which may exhibit significant health benefits” (Wang et al. 2010). Pomegranate raises glutathione levels.

**Elderberry (fruit)** is an antioxidant that highly supports cell viability and a healthy cellular environment. It causes a shift in the immune response towards Th1 and killer T cells (Waknine-Grinberg JH et al. 2009).

**Cherry (fruit)** can increase antioxidant levels in the body, and has even been referred to by Garrido et al. (2013) as a “neutraceutical tool”. Cherry was found to augment humoral and cell mediated immune response, especially with respect to T cell interactions, by Abid et al. (2012).

**Lemon Bioflavonoid** are best known for supporting capillaries and circulation; they consist of many varieties of phytochemicals, including rutin, hesperidin and hydroxycinnamic acids. Lee YR et al. (2011) demonstrated that hesperidin was able to restore immune function to homeostasis.

**Acai (fruit)** is full of strong antioxidants. Acai has been described by researchers as exhibiting “quite potent biological activity” (Kinghorn et al. 2011). Acai potentiates the intracellular expression of the cytokines produced by natural killer cells (Skyberg JA et al. 2012).

**Now in a convenient powder AND A CHEWABLE TABLET FORM!**

Each Teaspoon of powder Contains: Dietary Fiber 560 mg. Proprietary blend 2.086 gms of: Apple Pectin, Inulin, RiceBran, Carrot (root), Pomegranate (fruit), Cherry (fruit), Blueberry (fruit), Elderberry (fruit), Acai (fruit), Raspberry (fruit), Blackberry (fruit), Lemon Bioflavonoid, Luo Han Guo (fruit), Resveratrol, Quercetin, Grapeseed Extract, D-Limonene.

Each Chewable Tablet Contains: Proprietary blend 745 mg of: Pomegranate (fruit), Blueberry (fruit), Cherry (fruit), Elderberry (fruit), Blackberry (fruit), Acai (fruit), Raspberry (fruit), Arabinogalactan (larch tree gum), Lemon Bioflavonoid, Resveratrol, Glutathione (reduced), Luo Han Guo (fruit), Grapeseed Extract, Olive Leaf Extract (20% oleuropein), Quercetin, D-Limonene.

The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.