

APLGO Zoom Product Call
Immunity Kit- GRW + ALT + AIR
With Sherry Denny and Mary Esther Gilbert, MSc HN, BSc NSP
April 15, 2024

1. What is the major benefactor of AIR with the Zinc, Vit D and C additions? It's already such an amazing anti-inflammatory product! It is very special to so many that may suffer with upper respiratory issues.

AIR Botanicals and Their Attributes:

Ingredients: Aloe Vera Leaf Gel, Amla Berry Fruit, Black Currant, Cranberry, Dog Rose, Lemon, Lycium Berry, Maca Root, Vitamin C, Vitamin D, Zinc, Cranberry Flavoring.

- **Shown to Help Maintain Free Flowing, Self-Cleansing, Clean Circulation**

Mucopolysaccharides, pectins, citric and other organic acids, flavonoids hesperidin, naringin; fatty acids macaridine, macaenes, macamides, and maca alkaloids, vitamin D, zinc.

- **Helps Clear Respiratory Airways**

Proanthocyanidins.

- **Antioxidant (Tissue Protecting), Anti-Microbial, Immune-Cell and Cell Energy Efficiency Attributes**

Polyphenols, gallic acid, ascorbic acid, phenolic acids hydroxybenzoic acids:4-hydroxybenzoic acid, coumaric acid, gallic acid, protocatechuic acid, syringic acid, and vanillic acid; hydroxycinnamic acids caffeic acid and chlorogenic acid, flavonoid compounds flavonols, flavanones, flavan-3-ols, flavonol and quercetin derivatives; flavones apigenin, luteolin, myricetin; phenolics ellagitannins, tannic acid, ellagic acids, anthocyanins; trans-resveratrol, benzoic, chlorogenic, *p*-coumaric acids; flavonoids quercetin, epicatechin, and isorhamnetin, proanthocyanidins, resveratrol; organic acids gallic, protocatechuic, vanillic, chlorogenic, syringic, *p*-coumaric, ferulic, sinapic, cinnamic, quercetin, rutin, and rosmarinic acid; xanthophyll esters; flavonone glycosides eriocitrin, hesperidin, naringin, and flavone glycosides diosmin and 6,8 C-diglucosyldiosmetin; carotenoids zeaxanthin, β -carotene, neoxanthin, and cryptoxanthin; carotenoids, tocopherols; polysaccharides; vitamin C, D, zinc.

- **Anti-Inflammatory**

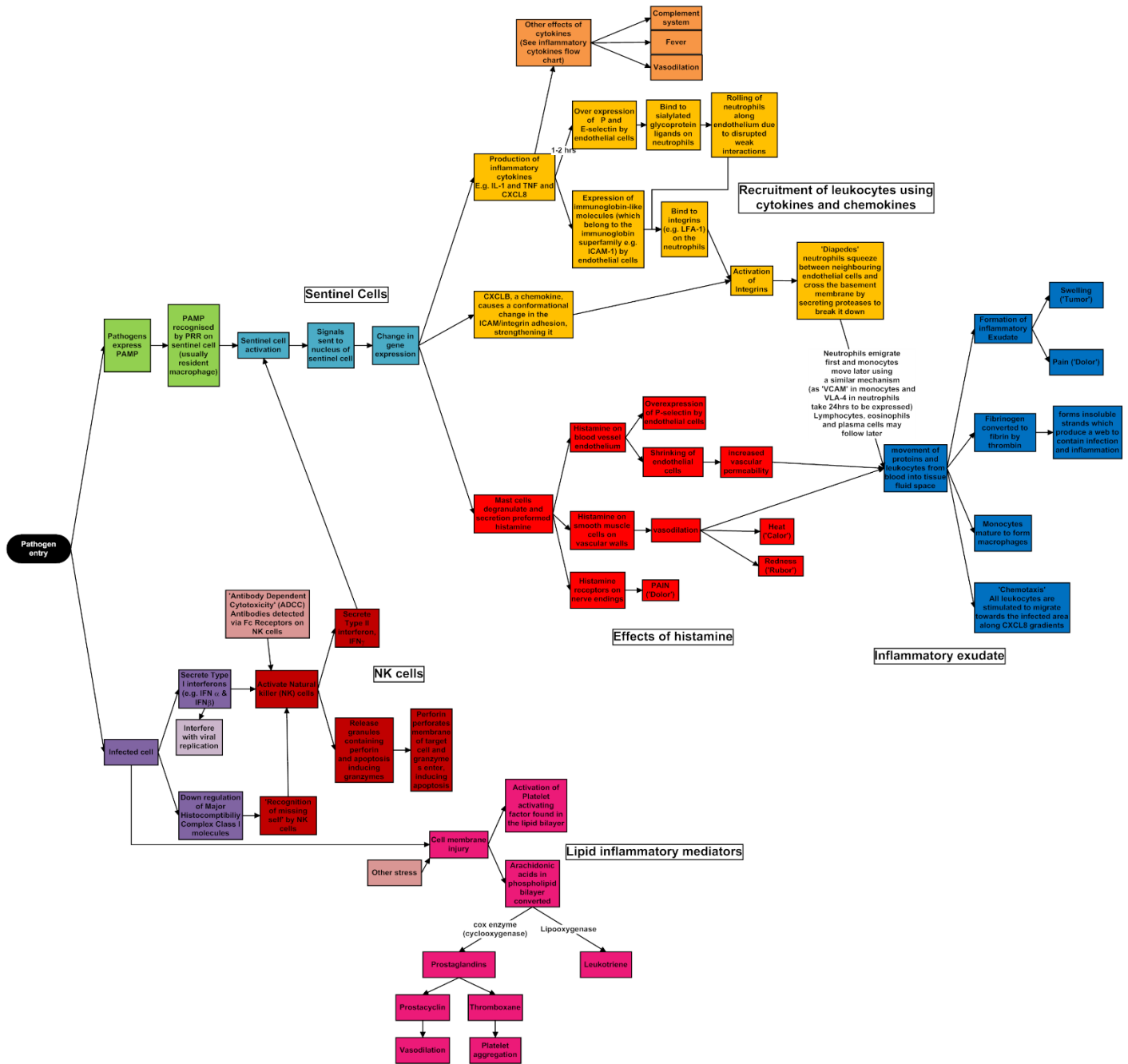
Phyllantine, phyllantidine, anthocyanins, flavonols, phenolic acids, polyunsaturated fatty acids, anthocyanins, flavonols, phenolic acids, polyunsaturated fatty acids, quercetin, ascorbic acid; galactolipid, fatty acids linoleic, palmitic, and oleic acids; vitamin C.

- **Zinc** - Helps balance blood sugar, helps maintain a healthy immune system, helps provide an optimal sense of smell and taste, helps stabilize rate of metabolism.
- **Vitamin C** - Acts as an antioxidant, protecting cells from free radical damage. Needed to make collagen in the repair of injuries, improves the absorption of iron, plays a major role in optimizing immune system functioning.
- **Vitamin D** - Helps maintain strong bones, formed in the body when skin is exposed to sunlight, helps calcium absorption, prevents osteoporosis, rickets, osteomalacia, nerve to muscle transmission for muscular movement, helps immune system destroy invading viruses, bacteria and other illness-causing micro-organisms.

2. It's amazing how quickly we have seen people get their own individual results from using ALT during "allergy season." Can you expand on why that might be?

ALT botanical's phytochemicals have been shown to help properly regulate the immune system's detection mechanisms that otherwise lead to various inflammatory responses; i.e., swelling of tissues, sneezing, and itching, watering eyes.

The Innate Immune System - Responses to Foreign Irritants and Pathogens



3. What is in this tiny drop that may be helping so many people during that time of the year?

The phytochemical compounds contained in its botanicals are known to help correct or regulate the immune system's responses. When one is chronically nutrient-deficient or undernourished, the immune system may become compromised, leading to immune malfunctions such as prolonged, chronic, and unchecked inflammatory reactions.

- Phyllantine and phyllantidine– improve circulation, help immune cells eliminate allergenic irritants in the body.
- Anthocyanins – help prevent inflammatory responses affecting the blood vessels, improve capillary strength.
- Flavonols – inhibit inflammatory enzymes that promote the cardiovascular system-damaging peroxidation process; prevent the degradation and formation of toxic compounds in fats that normally support cell structures.
- Phenolic acids, proanthocyanidins – prevent degradation of cells due to cell-damaging free radicals (antioxidants), antimicrobials, protect nerve cells from damage by elemental toxins, aid the destroying and lysosomal enzyme actions of phagocyte immune cells.
- Polyunsaturated fatty acids – anti-inflammatory, nourish nerve (and other) cells for maintaining their proper structures, and to ensure efficient nerve transmission communications with the immune and hormonal systems.
- Phenolic acids - Phenolic acids help fight viruses, bacteria, fungi, and parasites, help transport heavy metals out of the body, such as lead, mercury and cadmium and certain types of chromium, which are toxic and known to cause brain and nervous system damage.
- Quercetin – Helps reduce inflammation in nasal and other respiratory tissues.
- Ascorbic acid (contained in Vitamin C in a whole food complex. – a vital intermediate organic acid required for all metabolic pathways; generated by every cell in the body in the energy production cycle; binds to and hastens the actions for the body's vast number of functional proteins that it must generate.
- Fatty acids linoleic - cell membrane maintenance, brain and nervous system health, and is critical for maintaining proper body fat balance.
- Oleic acids - a monounsaturated omega 9 essential fatty acid that regulates signaling neuropathways that help regulate blood pressure.
- Palmitic acid – protects the lungs against pathogens entering the lungs and causing health-threatening respiratory conditions.

4. What do you feel is the most potent ingredient in ALT?

Ingredients: Aloe Vera Leaf Gel, Amla Berry Fruit, Black Currant, Cranberry, Dog Rose, Lemon, Lycium Berry, Maca Root, Vitamin C, Vitamin D, Zinc, Cranberry Flavoring.

Since every botanical ingredient in ALT contains *many* potent properties, it is not feasible to select only one. Altogether, their cell-nourishing capacities are known to aid the following metabolic actions in the body:

- Anti-inflammatory (particularly in regulating proteins that are present during inflammatory reactions).
- An antimicrobial (anti-bacterial, antiviral, antifungal, antiparasitic).
- Helps maintain strong and pliable blood vessels
- Improves the functions of the various immune cells.
- Improves circulation, especially in the heart and lungs.
- Plant phytochemicals are known to bind to toxic chemicals for safe elimination through skin, kidneys, lymph nodes and lymph vessels, lungs, and colon.
- Plant nutrients are also found to help maintain proper nerve cell structures, and improve nerve cell communication capacities.
- The maca root has been shown to maintain healthy blood constituents that strengthen the immune system.
- The essential vitamins C and D and the mineral zinc are absolutely critical for a strong immune and cardiorespiratory system.

The combination of botanicals in ALT provide a synergistic, holistic or wholistic effect in the body, where their 100% biocompatible, whole nutrient complexes together provide greater health effects compared to the individual botanicals.

5. GRW was voted the #1 Immunity product of 2020! What a year to have such an incredible product. Can you expand on the benefits of how important GRW may be to our Immune system?

Ingredients: Aloe Vera Leaf (Gel), Ashwagandha Root, Astragalus Root, Balsam Pear Fruit (Bitter Melon), Bilberry, Cranberry, Currant, Husk Tomato (Ground Cherry), Olive Leaf, Pomegranate Seed, Purple Coneflower Root, Reishi Mushroom, Rowanberry, Grape Flavoring, Grape Skin Extract Coloring.

The immune system is responsible for detecting foreign (non-nutrient) substances and acting to neutralize and eliminate them as safely as possible in its innate, self-preserving priorities. The plant phytochemical compounds in the GRW botanicals have been shown to aid in the following cellular processes, which make the immune actions more efficient and less burdened:

Immune Cell Production (T-Cells, Macrophages): saponins, triterpenes, polysaccharides, flavonoids.

Detoxification: proanthocyanidins.

Cardiovascular Functions: flavonoids

Mitochondria Energy Production: adenosine.

Antioxidants: phenolic acids

Neutralize Free Radicals (Toxins), Anti-aging

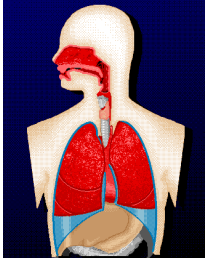

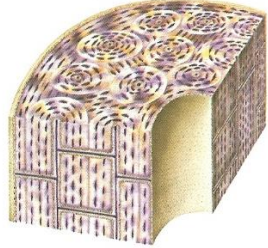
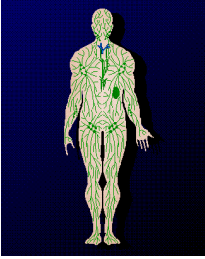
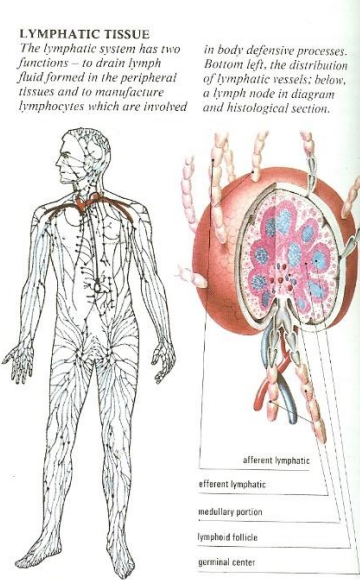
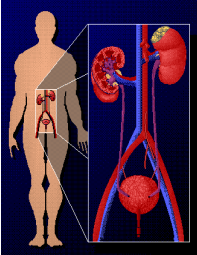
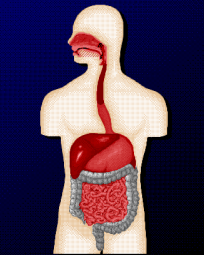
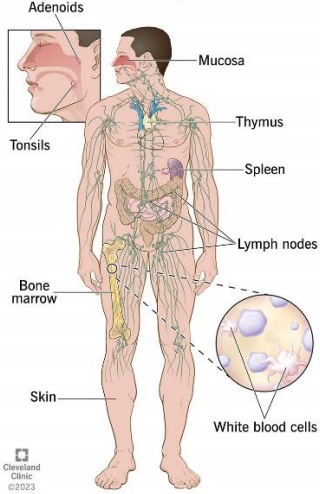
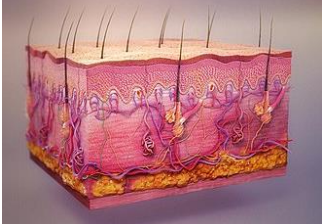
Anti-inflammatory: plant sterols lupeol, campesterol, beta-sitosterol.

Stress-relieving Properties: sitoindosides and acylsterylglucosides

Hormone Precursors: alkaloids, tannins, glycosides, and natural plant steroids

Clearing Blood Vessels: anthocyanins

Detoxification Channels and the Immune System

Body Systems Involved in Detoxification:	Body Systems Involved in Immunity Activities:
<p>Respiratory</p> 	<p>Bone Matrix</p> <p><i>POLARIZED LIGHT microscopy shows the basic osteon units; concentric layers of thin bone crossed by a network of fine canals.</i></p>  
<p>Lymph Circulation and Lymph Nodes</p> 	<p>Lymph</p> <p>LYMPHATIC TISSUE <i>The lymphatic system has two functions – to drain lymph fluid formed in the peripheral tissues and to manufacture lymphocytes which are involved in body defensive processes. Bottom left, the distribution of lymphatic vessels; below, a lymph node in diagram and histological section.</i></p>  <p style="font-size: small;">afferent lymphatic efferent lymphatic medullary portion lymphoid follicle germinal center</p>
<div style="text-align: center;"> <p>Kidneys</p>  </div> <div style="text-align: center;"> <p>Liver</p>  </div>	<p>Immune System</p>  <p style="font-size: small;">Adenoids Mucosa Tonsils Thymus Spleen Lymph nodes Bone marrow Skin White blood cells</p> <p style="font-size: x-small;">Cleveland Clinic ©2023</p>
<p>Skin – Integumentary</p> 	<p style="text-align: right;">Cleveland Clinic 2024</p>

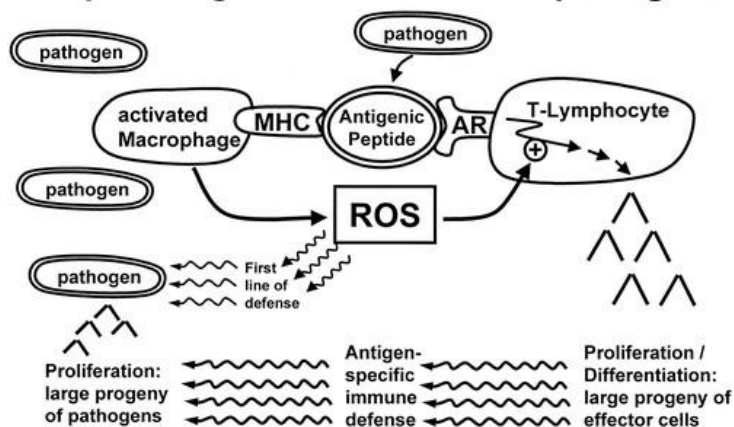
6. How do these 3 products AIR, ALT and GRW work simultaneously to help?

- Botanical phytonutrients/phytochemicals work synergistically and in concert to correct immune system inflammatory reactions in response to the presence of foreign substances arriving in the mucus membranes in the respiratory system (toxins, allergens, microorganisms)



- Help clear the circulatory system of cellular debris and foreign potentially pathogenic (illness-causing) microorganisms; improve circulation of oxygenated blood and nutrients.
- Help correct any damage to functions in the DNA of immune cells for better recognition, identification, protection, and elimination.
- The negatively charged, sub-molecular atomic particles (negatively charged ions) in the plant materials of these three formulations also provide a greater amount of antioxidative protections, preventing potential cellular malfunctions that lead to degenerative, unhealthy conditions in the body due to the presence of cell-damaging free radicals (non-nutrient substances, foreign organisms, toxic pollutants).

Function of ROS in the immunological response against environmental pathogens



(Droge, 2002)

ROS – Reactive Oxygen Species – biochemicals formed during processes that detect actions required by the immune system, and that can become free radicals when there is excess oxidative stress caused by other free radicals.

MHC - Major Histocompatibility Complex

A group of genes on the surfaces of cells that help the immune system detect foreign substances.

Pathogen – any substance that causes illness or an immune response.

Oxidative Stress – biochemical reactions that occur when there is an imbalance of too many pathogens and toxins overwhelming the immune system.

Reference:

Dröge, W. (2002). Free Radicals in the Physiological Control of Cell Function. *Physiological Reviews*, 82(1), 47–95.
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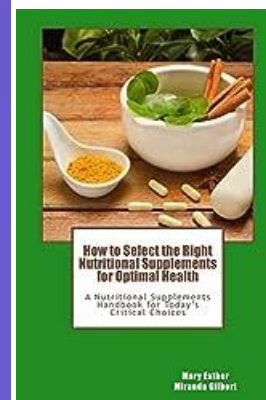
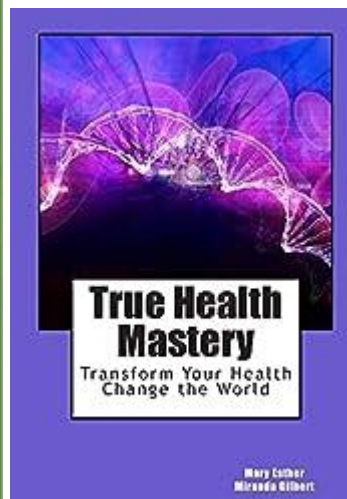
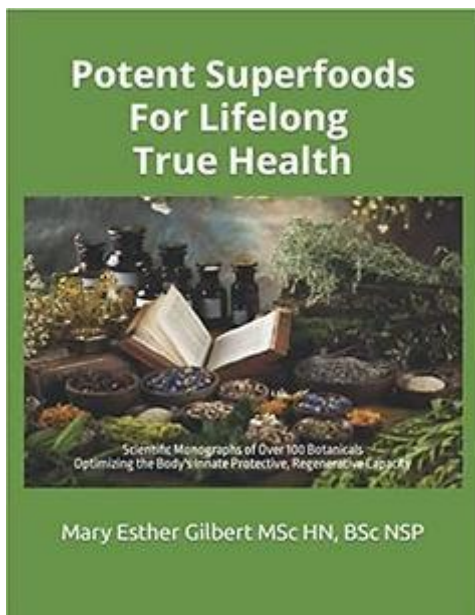
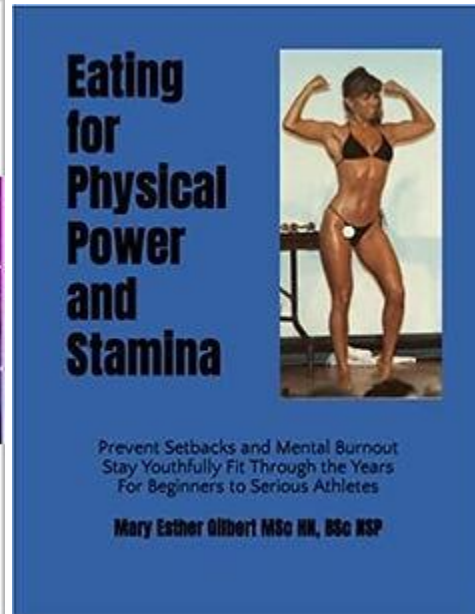
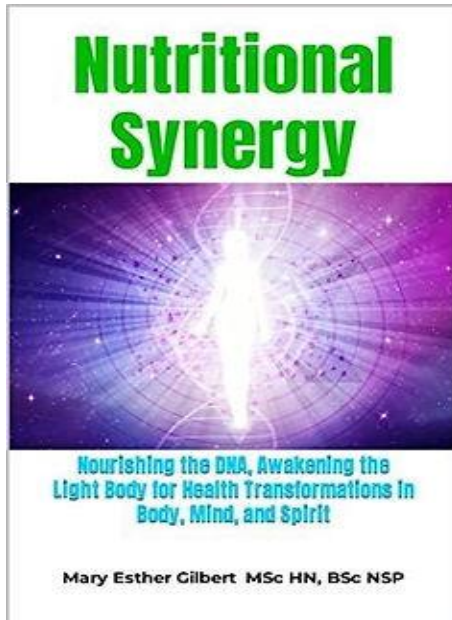
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