

# ULTRA IMMUNE C

## IMMUNITY SUPPORT



Vitamin C is an essential nutrient for humans and contributes to immune defence by bolstering the function of both the innate and adaptive immune system. It is also a powerful antioxidant that serves as a cofactor for gene regulatory enzymes.

Vitamin C also serves as a cofactor to many important processes, such as the absorption of Iron, the synthesis of catecholamine hormones (which are central to the cardiovascular systems response to infection), downregulates the production of histone (an inflammatory marker), and even the support of the synthesis of collagen for supporting healthy barrier integrity.

### VITAMIN C

A water soluble nutrient well known for its vital role in the immune system. It's also a highly effective antioxidant, helping maintain healthy tissue by neutralising free radicals generated during normal metabolism and exposure to environmental stressors.

### ZINC GLUCONATE

Zinc gluconate is a highly bioavailable form of zinc, which means that it's easily dissolved to release elemental zinc into the body.

### VITAMIN D3

Also known as Cholecalciferol, vitamin D3 helps to ensure optimal immune function, muscle recovery and the absorption of calcium and other nutrients into the body.



“ **We now understand that vitamin D modulates both the innate and adaptive immune responses, and that interestingly, vitamin D deficiency is often underlying in many autoimmune diseases.** Studies have now shown that vitamin D affects T-cell (immune fighter cells) development, skewing them away from the inflammatory variety, resulting in decreased production of inflammatory cytokines (cells), and increased production of anti-inflammatory cytokines (cells). As we are becoming increasingly aware about how immune cells respond to the effects of vitamin D, ensuring healthy vitamin D levels is hugely important in the prevention of illness.”

**READ BLOG**

### **WHEN TO TAKE FOR BEST PERFORMANCE OUTCOMES?**

Taken at the very first sign of illness will give you the best chance to reduce both the length and severity of any cold or related ailment. We also see many professional athletes cycle onto this supplement when training load is extremely high (e.g. pre-season) as a precautionary measure for compromised immunity through physical exertion. Zinc and Vitamin C are both water soluble so can be taken on an empty stomach, it's also best to avoid taking this around any meals or drinks containing dairy.



Pip Taylor  
Performance Dietician

ULTRA IMMUNE C is Informed Sport certified.

Informed Sport is a quality assurance and certification programme for sports supplements globally. The presence of the Informed Sport certification symbol means that every batch of a product has been tested for more than 250 prohibited substances as per World Anti-Doping Agency (WADA) guidelines.

To access your relevant batch certificate, [head to our Batch Testing Library](#)



## **RELEVANT STUDIES**

“ **Administration of zinc lozenges was associated with reduced duration and severity of cold symptoms.** Compared with the placebo group, the zinc group had a shorter mean overall duration of cold (4.0 vs. 7.1 days) and shorter durations of cough (2.1 vs. 5.0 days) and nasal discharge (3.0 vs. 4.5 days).

### **READ STUDY**

#### **Intravenous Vitamin C administered as adjunctive therapy for recurrent acute respiratory distress syndrome**

This study observed the effect of Vitamin C on patients with acute respiratory infections, where it was concluded that Vitamin C was able to reduce the severity of respiratory infection symptoms verified by chest X-rays results.

### **READ STUDY**

#### **Zinc and immunity: An essential interrelation**

Zinc supplementation can reverse the negative effects of zinc deficiency, including impaired immune cell development, compromised T-cell-mediated immune response, decreased oxidative burst and many more.

### **READ STUDY**

