

Boost YOUR Immunity and decrease your chances of contracting the swine flu virus!

ImmunoSense is an all-natural, lactose-free source of immunoglobulins that can provide additional immune support benefits. Immunity has become a primary area of interest for consumers, especially now as the swine flu virus continues to increase in numbers over the globe. Smart consumers are reaching for nutritional supplements that will help to boost the health and power of their own immune system. Read more about ImmunoSense from NutraSense under the product category heading “Immune System and GI Support”.

According to the Centers for Disease Control, spread of the swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from *person to person through coughing or sneezing of people with influenza*. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Symptoms of swine flu are similar to those of other types of flu, including fever and respiratory ailments, diarrhea, vomiting, or various combinations of those symptoms. Patients should seek treatment if they develop severe symptoms that don't seem to be improving. The immune proteins in each ImmunoSense capsule effectively neutralize a wide variety of pathogens, both bacterial and viral. In addition to keeping your body strong with supplementation, practice these basic measures to prevent the spread of viruses:

- **Wash your hands.**
- **Get plenty of sleep**
- **Be physically active**
- **Manage your stress**
- **Drink plenty of fluids**
- **Eat nutritious food.**
- **Try not touch surfaces that may be contaminated with the flu virus.**
- **Avoid close contact with people who are sick**