

DUOLIFE Immunity pack



DUOLIFE Immunity pack features a carefully selected composition of products supporting the proper functioning of the body, adjusted to its daily rhythm.

The role of the immune system is to protect the body from unfavourable external factors. A major role in this system is played by the gastrointestinal tract – the largest organ of the immune system, which is highly exposed to harmful external factors. The functioning of immune system depends on genetics, age, body condition, diet and level of stress.

The Immunity functional pack contains*:

- 1 x ProBactilardii®;
- 1 x DUOLIFE Vita C;
- 1 x DUOLIFE Day and Night;
- 1 x DUOLIFE RegenOil Liquid Gold®;
- 1 x ProSelect®;
- 1 x ProImmuno®.

Recommended use of the food supplements from the Immunity Pack:**

In the morning:

DUOLIFE Vita C – 25 ml before breakfast;
DUOLIFE Day – 25 ml with breakfast;
ProImmuno® – 2 capsules with breakfast;
DUOLIFE RegenOil Liquid Gold® – 5 ml with breakfast – can be added to lunch or salad.

Lunch time:

ProBactilardii®– 1 capsule of *Synbiotic* and 1 capsule of *Postbiotic* for 5 days a week, one hour after lunch.

In the evening:

DUOLIFE Night – 25 ml with supper;
ProSelect® – 2 capsules after supper.

Want to learn more?

The purpose of the immune system is to protect the body from harmful external factors. Its selective mechanisms are of crucial importance for human health. The immune system initially formed in the foetal stage develops through childhood, reaching full maturity around the age of 12.

The gastrointestinal tract and its microflora are the guardians of healthy immune system. At the same time, the intestines are particularly vulnerable to pathogens. The immune system and the intestinal microbiota have a symbiotic relationship - they cooperate, support and regulate each other.

Genetic predispositions, age, health condition, stress and diet are factors that have an impact on immune mechanisms. Among the components of our diet that support the optimal function of the immune system and intestinal microflora, we can distinguish extremely valuable plant raw materials, as well as vitamins and minerals. Among some of the most important vitamins is vitamin C. Vitamin C helps the immune system function properly, also during and after intense exercise, the nervous system, and protects cells from oxidative stress. It also contributes to the reduction of tiredness and fatigue.

Equally valuable is vitamin D3 supplementation, which also helps the immune system function properly and is involved in the process of cell division.

**When used on a regular basis, one pack is sufficient for one adult, for approximately 1 month. When using food supplements in liquid form, the dose may be increased to the maximum daily dose indicated for the given product. In this case, extra packages of the product have to be purchased in addition to the pack.*

*** Recommended duration of supplementation: 3 months.*