

# OPTI-GUARD



TERRA | MED



SYMPTOMATIC RELIEF



coughing



sore / scratchy throat



blocked / runny nose



allergies



muscle aches

AND

ANTI-OXIDANT SUPPORT

## MAIN INGREDIENTS

### NAC

N-Acetyl-Cysteine  
mucolytic  
200 mg

### ROSEHIP

Rosa Canina  
natural vit C and polyphenols  
125 mg

### OPTISM<sup>®</sup>

Methylsulfonylmethane  
anti-inflammatory  
250 mg

### PELARGONIUM SIDOIDES

S70 DC root extract  
inhibits viral replication and reduce  
bacterial adherence  
28.5 mg



FOR THE WHOLE FAMILY

## DOSAGE & DIRECTIONS

to maintain immunity

**Adults** Take 1 capsule, twice daily after meals  
When symptomatic: Take 3 times daily

**6-12 yrs** Take 1 capsule daily after a meal  
When symptomatic: Take twice daily

[www.terra-med.co.za](http://www.terra-med.co.za)

## NAC

- known for > it's **mucolytic** effect
- > strong **anti-oxidant**
- used for > patients with **kidney** ailments
- > **liver** protective
- Studies are still ongoing for its **benefits for athletes**



## ROSEHIP

- > **organic**
- > **vitamin C** content is enhanced by bioflavonoids (that assist with absorption) like quercetin, rutin >> as well as hesperidin which amplify this benefit
- > **natural** way to obtain polyphenols, bioflavonoids and carotenoids
- > **carotenoids** a beta-carotene, lycopene, beta-cryptoxanthin, lutein, zeaxanthin and rubixanthin

## OPTIMISM®

- > increase **immunity & support a healthy immune response**
- > supporting **anti-oxidant** levels and potential modification of **pro-inflammatory** mechanisms
- > reduce oxidative damage
- > alleviate allergy symptoms
- > modulates a healthy immune support
- > help immune system adapt to stress

## PELARGONIUM SIDOIDES

- Pelargonium has long been used by the **indigenous people of South Africa**, it's also known as the black geranium, "umckalwabo", roughly translated as '**for heavy cough and chest problems**'
- > member of the **Geraniaceae family**
  - > extract of the highest potency which is regulated for consistency of active ingredients
  - > potential applications:
    - >> **respiratory infections**- thins mucous for ease of expectoration
    - >> as a combination therapy with conventional **anti-inflammatory** medication
    - >> as a preventative measure to **assist immunity**
    - >> **symptomatic relief** of colds and flu – reduction of the severity
  - > **shortens the duration** of the common cold & **fight symptoms** associated therewith
  - > ordinary OTC medicines only mask the symptoms
  - > dried rhizomes of pelargonium sidoides contain a host of **chemical compounds**:
    - 1. polyphenols including gallic acids**
      - >>> a group of plant chemicals which give foods a bitter taste represents potent plant defence chemicals and often act as powerful antioxidants
    - 2. coumarins**
      - >>> rich in coumarins, including a unique phytochemical called 'umckalin'
  - > In addition, the remedy contains **powerful flavonoids** including quercetin, catechin and galocatechin. These plant nutrients are responsible for **vivid colour in fruit and vegetables** and have **anti-inflammatory** and **immune boosting properties**.
  - > The antibacterial and antiviral effects are attributed to the gallic acids and other phenolic compounds, while the immunomodulatory activity is ascribed to a combination of phenolic compounds and various coumarins.