

HERBAL IMMUNE BOOST

Beachbody Nutritionals®
Defend yourself. Stay on track.

In addition to everyday and seasonal health challenges like allergies and minor viruses, exercising can tax your muscles and body systems too. Herbal Immune Boost helps activate and strengthen your body's natural defenses with eight immune-boosting herbs that help you recover faster from your Beachbody® workouts so you can exercise stronger.*



KEY BENEFITS*

- Helps **protect** against harmful environmental toxins
- Enhances ability to **fight stress**-related illnesses
- Unique proprietary formula helps strengthen the immune system with **natural**, proven ingredients like zinc, astragalus, and schisandra
- Supports **energy**, vitality, and mental alertness
- Helps you stay healthy and **recover faster** from seasonal discomforts and everyday or workout stress so you can maintain your fitness regimen and keep your goals on track
- **Conveniently** available individually or as part of our Renewal Pack, which also contains ActiVit® Multivitamins and Joint Support Super Formula

USAGE

Two capsules daily to defend against everyday immune challenges (or up to six capsules when you're especially active, stressed, traveling, or entering crowded environments)*. Perfect with ActiVit for maintaining optimal health every day.

THE BEACHBODY DIFFERENCE

Our unique immune-boosting herbal formula is composed of powerful plants like astragalus, schisandra, and licorice, which have been used for centuries for their health-promoting benefits.

DID YOU KNOW?

- Overtraining or pushing your body too hard without sufficient recovery not only hampers your progress athletically, it will negatively affect your immune system and cause you to be more susceptible to illness.
- Several factors can weaken your immune system every day, including pollution, poor nutrition, unhealthy habits, stress, and seasonal discomfort.