Immune boosting herbs:

I buy Gaia Herbs for my own personal use, and I've selected the following varieties especially for the flu season.

**Ashwagandha Root.** Life in our hectic society is full of stress, which depletes the body of critical nutrients and causes cellular stress. Ashwagandha, a crucial component in the ancient Ayurvedic medicine system of India, helps nourish and restore optimal nervous and immune system health by normalizing mood, energy levels and overall immune function in healthy individuals.\*

**Echinacea** has been used successfully for hundreds of years to support immune health.\* Concentrated for a fast-acting response, this Echinacea Supreme formula contains the full spectrum of phytochemicals -- including isobutylamides, the constituents most effective at supporting a healthy immune response.\*

**Holy Basil Leaf** supports a healthy response to stress, while nourishing the mind and elevating the spirit.\* Gaia Herbs uses dual extraction technology to deliver the broadest possible spectrum of herbal constituents.

**Oil of Oregano** is high in antioxidant activity, and contains phytochemicals that support the body's natural resistance. The supercritical CO2 extract of Oregano volatile oils contains potent phenols, including Carvacrol and Thymol. These oils help support a healthy microbial environment in the intestines and support a healthy immune response.\*

**Olive Leaf** has the unique ability to support immune function while also offering the body protection from free radical damage.\* This fresh-picked whole Olive Leaf is gently concentrated into a superior-quality extract.