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## What is IMMUNA Santé?



IMMUNA Santé (NPN 80043598) is a product considered as a "natural vaccine" which provides a safe and effective way to enjoy a good health and physical well-being. IMMUNA Santé has acquired its name from the word "immunity" from the Latin *immunitas* meaning "exempt of" and therefore in this case, exempt of diseases.

The immune system is meant to defend against pathogens such as viruses, bacteria, parasites, etc. Pathogens mentioned above can weaken the immune system, but they are not alone. Pollution, free radicals, a poor diet, stress, fatigue, etc. are all factors that risk affecting the immune system

negatively.

In general, the body is well equipped to cope with internal and external immune aggressors. When the natural defense mechanisms are deeply unbalanced, it is important to intervene and make every effort to rebuild and improve the system's resistance and ability to defend against any attack, thereby maintaining an optimal health.

The entire bibliography presented in this document demonstrates the absence of side effects and supports the use of all components used in the product. These components provide an antibacterial, antiviral, anti-inflammatory and immunostimulant (stimulating the immune defense) effect.

IMMUNA Santé can be used as a preventive treatment (prophylaxis) against all types of viral and bacterial diseases in order to strengthen the immune system and increase its ability to defend against external immune aggressors. It can also be used for healing purposes in the early stages of the disease, alone or with antibiotics.



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## **What are IMMUNA Santé' benefits and advantages?**

It has been about seven decades since the introduction of antibiotics as disease treatment and during this time, the field of antimicrobial medication has been enriched with many acquisitions. Aside from the immense benefits of the use of antibiotics, there is a series of negative ones that occur mostly due to irrational prescribing of these antibiotics (eg C. difficile).

Antibiotic therapy has been and continues to be a revolution in the world of medicine. However, experiences to date, have shown that the only way we can continue to benefit from the therapeutic effect of antibiotics, is in a competent and efficient way.

At the present time, considering that there is no drug toxicity in antibiotics is a pharmacological nonsense, hence, the need to use an alternative therapy for the treatment of bacterial and viral infections. In this context, we decided to use alternative therapy by creating IMMUNA Santé.

## **How to maximize the therapeutic effect of IMMUNA Santé?**

Due to its antioxidant effect, concomitant administration of Vitamin C strengthens the therapeutic action of the product. As part of a curative use, a strict administration during the first 5 days of sickness ensures maximizing the therapeutic effect.

## **What are IMMUNA Santé' main impacts?**

Strengthening the immune system and preventing platelet aggregation. Battles sinusitis, pharyngitis, urinary tract infections as well as fungal infections, colds, flu, intestinal virus and viral and bacterial infections. Eliminating free radicals, IMMUNA Santé is also powerful antioxidant. It also controls the inflammatory process by its anti-inflammatory action.

## **Why and when should you take IMMUNA Santé?**

IMMUNA Santé is a product that is intended for all, regardless of age or gender. Administration of the product is recommended for a minimum period of 10 days. This product can be used as preventive treatment (prophylaxis) against all types of viral and bacterial diseases in order to strengthen the body and increase its ability to defend against external immune aggressors. It can also be used alone or in combination with antibiotics as healing occurs early in the disease. As soon as the first symptoms of a viral or bacterial infection are felt, you should take a dose IMMUNA Santé.



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### **Can I take IMMUNA Santé even though I have a sensitive stomach?**

Yes. According to current studies, no adverse effects were reported.

### **Are there situations in which I should avoid taking IMMUNA Santé?**

No, except in case of allergic reaction to any component.

### **What are the interactions with other products/drugs?**

It can be administered alone or in combination with synthetic antibiotics. Theoretically the product may interact with certain immunosuppressed (after organ transplant) as: Azathiopirine, CellCept, Cyclosporine, Prograf, Rapamune and Zenapak, reducing their effect.

### **Recommended dose of IMMUNA Santé**

Adult: to strengthen the organism (prophylactic) take 1-2 capsules per day. For a curative effect, at the onset of an attack take 3 capsules 3 times a day for 3 days, then take 2 to 3 capsules 3 times a day for a minimum of 7 days.

Children 1 year and older: take 1-2 capsules per day for 10 days.

### **Precautions for the use of IMMUNA Santé**

Although studies did not reveal any toxic effects, we do not recommend the use of the product for pregnant and lactating women. To avoid choking, the product is also not recommended for children under one year of age.

### **Active components of IMMUNA Santé**

Propolis - Echinacea and N-Acetyl Cysteine

IMMUNA Santé is a synergistic effect obtained by combining all the components described below. Studies on the interaction of the components were performed in vitro, a synergy was noted and the components did not show any reciprocal inhibition.

Use of the product in the past six years has allowed us to prove its effectiveness (reduction of symptoms such as pharyngitis, laryngitis, fever, etc.). Without making



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organized clinical trials, our observations, following laboratory tests as part of annual health assessments, demonstrated that under prolonged use, the product does not cause side effects and biochemical parameters have not been altered.

## Explanation of active components and bibliography

### Propolis



The "antibiotic" effect of propolis is presented in A. Greceanu and V. Enciu monograph "Apiphytotherapy".

The effect was studied in vitro on a large number of microbial strains such as *Staphylococcus aureus*, *Salmonella*, *Proteus pasteurilla*, *Listeria monocytogenes*, *B. antracis*, *B. Cereus*, *Cl perfringens*. Ilomiteanu

and colleagues have demonstrated the antifungal effect of propolis for the following strains: *Candida albicans*, *claudosporium*.

The antimicrobial action mechanism of propolis is ensured by its fractions, p-oxi-and p-metoxibenzoic and ac-pcummarinique (S.A. Papravko, vol. "New research in apitherapy" 1976 p. 158).

The anti-inflammatory mechanism is provided by the phenolic ester of caffeic acid (caffeic acid phenethyl ester), (Natarajan K, Singh S, Tr Burke Jr., and al, Proc, Natl, Acd Sci 1996.9090 -9095).

A. Ravina, considered that flavonoids accelerate the process of destruction of pathogens by enhancing the capacity of macrophages to neutralize them. The transformation of macrophages antigen is faster and T-lymphocytes can intervene more effectively. According to A. Ravina, flavonoids have anti-inflammatory and immunostimulatory effects.



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According to Bors et al, 1995, dihydroflavonoides which compose in majority the propolis, have a synergistic effect on the human body and more particularly, they have an effect on fixing the vitamin C. The antibacterial effect with a broad spectrum is presented throughout the article, "Research on propolis" by Dr. Stefan Stangaciu. In his article, Dr. Stangaciu supports the antimicrobial activity of propolis by its components: Pinocembrin, galangin, caffeic acid, ferulic acid and antifungal activity by the presence of substances as Pinocembrin, pinobanksin, caffeic acid, benzyl ester, and sakuranetin the pterostilbenes.

In the same article, Dr. Stangaciu supports the antiviral activity of propolis by the presence of caffeic acid, quercetin and luteolin. Japanese researchers have shown that extracts of propolis are responsible for macrophage activation by activating the immune responses of the human body (Moryasu, et al 1993).

In the magazine article "Recent Trends and Significant Developments in Propolis Research" by Vassya Bankova, the author demonstrates the anti-inflammatory, antibacterial and anti-viral effect of propolis regardless of the country of import.

The recommended doses of IMMUNA Santé contain the maximum recommended dose of propolis, 1200mg/day. All papers consulted show no toxicity or side effects. There are articles that recommend higher doses, up to 3g x3/day except for people suffering from propolis allergy. There is no known relationship between propolis and other plant or drug interaction.

The results of a clinical trial comparing the effectiveness of propolis (3% of propolis), to acyclovir ointment (conventional medication for the treatment of herpes) and placebo, with 90 subjects, indicated that propolis is more effective than placebo and medication to heal the lesions of genital herpes and reduce the symptoms (Vynograd N, Vynograd I, Sosnowski Z. "A comparative multi-center study of the efficacy of propolis, acyclovir and placebo in the treatment of genital herpes" (HSV) *Phytomedicine* March 2000, 7 (1) :1-6).

The antioxidant effect of propolis was highlighted by S. Era in the study "The effect of propolis ingestion on the redox state of human serum albumin: a study of patient under severe oxidative stress." The study shows that the level of oxidation at a radiation

therapy, has been attenuated by the absorption of propolis supplements, moreover, a gradual increase in the value of HMA indicates that the antioxidant properties of propolis can increase the total antioxidant capacity in a patient.

## Echinacea



As is the propolis, echinacea is effective as antiviral and antibacterial. All clinical trials have demonstrated its antibacterial anti-inflammatory, immunomodulatory, and antiviral effects. Monographs on Echinacea specify a dosage as low as 250 mg per day produced a therapeutic effect and was not toxic to patients.

The therapeutic effect of Echinacea is attributed to its polysaccharides high molecular weight. The antiviral, anti-inflammatory and antimicrobial mechanisms of action are ensured by its polysaccharide fractions which increases the activity of T lymphocytes, which in turn, will stimulate phagocytosis in several ways: they will increase macrophages' activity, produce interferon and increase the number of circulating neutrophils. Several types of blood proteins are involved in immune responses as: interferon, interleukin, which increases the number of circulating B lymphocytes, and properdin, one

of which is responsible for the activation of complement.

Echinacea stimulates highly effectively the immune system. Anti-infective and anti-inflammatory, natural antibiotic, with propolis, it prevents the development of sinusitis, laryngitis, rhinitis, rhynopharingie, prevents winter disease, dental abscesses and viral diseases.

Echinacea is to be taken in early winter or when people in your home or workplace begin to develop various respiratory infections, and especially if you think your immune system is weakened by an imbalance of four pillars: sleep, stress, sport and food.

The following sources were used for writing the material.

(1) Bergner P., "The Healing Power of Echinacea, Goldenseal, and Other Immune System Herbs", 22 mai 1997.

(2) Harvey Wickes Felter, M.D., " The Eclectic Materia Medica, Pharmacology and Therapeutics ", 1922

(3) Hudson JB. "Applications of the phytomedicine *Echinacea purpurea* (Purple Coneflower) in infectious diseases". *J Biomed Biotechnol.*2012;2012:769896. Epub 2011 Oct 26.

(4) Facino RM, Carini M, Aldini G, Marinello C, Arlandini E, Franzoi L, Colombo M, Pietta P, Mauri P. "Direct characterization of caffeoylestere with antihyaluronidase activity in crude extracts from *Echinacea angustifolia* roots by fast atom bombardment tandem mass spectrometry ".*Farmaco.* 1993 Oct;48(10):1447-61.

## N-Acetyl Cysteine (NAC)

NAC is known for its role as regulator of the immune system by producing "cytokines" that are crucial to limit the production of TNF and thereby reducing the risk of viral infections.



The product serves as accelerator on the production of glutathione which acts as an important antioxidant in the defense system against lung disease. Furthermore, the NAC can be protective for the lungs by reducing the ability of bacteria to adhere to the lungs. The study by S. De Flora \*, C. Grassi\*\*, L. Carati "Attenuation of influenza-like symptomatology and improvement of cell-mediated immunity with long-term N-acetylcysteine treatment" demonstrates a significant reduction in influenza symptoms in patients who received NAC treatment contrary to patients who received placebo.



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The alleviation of symptoms of influenza was important in a population composed mainly of older people and patients with non-chronic respiratory diseases. These positive results were particularly evident during the winter period when the risk of transmission of viral diseases are very high. In addition, the severity of symptoms was significantly attenuated in patients who received NAC treatment, convalescence in bed was considerably reduced.

It is important to note that 79% of patients receiving placebo developed clinical diseases against only 25% for patients who received NAC treatment. NAC has successfully demonstrated that it could significantly prevent many of the symptoms associated with influenza symptoms including ones localized in the respiratory tract, such as the "common cold", the "rhinorrhoea, sore throat "catarrh" and coughing and general symptoms such as headaches and "myalgia, arthralgia".