



# Moducare®

*A unique blend of plant sterols and sterolins that promote a balanced immune response.*



**Moducare helps maintain a healthy balance of Th-1 and Th-2 white blood cells to dampen an overactive immune response, and modulates the stress response by promoting an optimal DHEA-to-cortisol ratio.**

Moducare is a blend of plant sterols and sterolins that help promote a balanced immune system. Plant sterols – phytosterols and their glycosides (also known as phytosterolins) – are fats that are present in fruits, vegetables, and medicinal plants. Beta-sitosterol (BSS) and its glycoside (BSSG) are the most abundant of these plant sterols. BSS and BSSG, even at very low levels, have been shown to enhance the activity of various cells in the body that are recognized as having a positive impact on immune function. Specifically, these plant sterols can improve the balance of T-helper 1 to T-helper 2 cells, enhance cellular immunity, and down-regulate an overactive immune response. Moducare supplementation also helps maintain a normal ratio of the two adrenal hormones, cortisol and DHEA, which helps to buffer negative stress responses.

Moducare's potential to promote immune health was investigated in two groups of volunteers participating in an ultra-marathon. In a double-blind, placebo-controlled study, the subjects in the Moducare group maintained a more healthy immune response compared to the group taking the placebo. Moducare's benefit to the immune system was attributed to the level of cortisol not increasing in response to the stress from the exercise.

### Suggested Use

Take 1 capsule three times daily away from food or as recommended by your health professional. Do not take with milk.

### Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### Pregnancy Warning

If pregnant or nursing, do not use unless on the advice of and under the direct supervision of your health professional.

### Interactions

There are no known adverse interactions or contraindications at publication date.

### Additional Warnings

If you are an organ transplant recipient or have multiple sclerosis, do not use unless on the advice of and under the direct supervision of your health professional.

## SUPPLEMENT FACTS

Serving Size: One Capsule

One Capsule Contains:		%DV
Sterols (from pine)†	20 mg	*
Sterolins†	200 mcg	*

\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Leucine, Silicon Dioxide.