



IDEAL breakfast SHAKE

Build your immune system for winter

Autumn is the ideal time to look at ways to build your resistance to infection for the upcoming flu season. With cooler days comes the increased likelihood of catching the dreaded flu especially if your immune system is compromised. The Good news however is by eating plenty of fresh fruit and veggies and exercising regularly you can boost your immunity against common infections. Another way to improve immune strength is by consuming the Ideal breakfast shake every day. This naturopath formulated shake contains immune protein rich whey along with probiotics and the herbs Astragalus, Maitake mushroom and Siberian Ginseng. Each ingredient has been carefully selected to complement each other to support your immune system and help recovery after exercise.

Add 1 scoop of Ideal Breakfast Shake to your morning smoothie or add it to your post exercise routine to reap the greatest benefits of this remarkable combination of nutrients.

Ingredients at a glance:

Whey protein concentrate and isolate:

Rich in immune boosting protein fractions that are not present in other forms of protein.

L-Glutamine :

Involved in recovery after exercise and health of intestinal lining that accounts for 70 % of immune system. Fuel for the immune system.

Probiotics:

Beneficial bacterial that regulate digestion, absorption and balance immune reactions in the gastrointestinal tract.

Maitake mushroom extract:

Boosts the immune system, due to its content of beta-glucan, which enhances the immune system by activating macrophage cells, natural killer cells and T-cells. These cells play an important role in building general immunity and preventing free radicals from harming the body's systems.

Astragalus:

Used to protect and support the immune system, for preventing colds and upper respiratory infections.

Siberian Ginseng:

Traditionally used to prevent colds and flu and to increase energy, longevity, and vitality, Siberian ginseng is widely used in Russia as an "adaptogen." An adaptogen is a substance that is supposed to help the body better cope with stress, either mental or physical.

Written by Jason Carrol – Naturopath/Creator of Ideal Breakfast Shake