

HEALTH ALERT!

Boosting Your Immune System Response To The Swine Flu

(NAPSA)—The quick spread of the swine flu, or the A (H1N1) strain of influenza, has people wondering what steps they can take to protect themselves—and, fortunately, there are a few easy ones.

In addition to the obvious—frequent hand washing, a healthy diet, getting enough sleep, exercising, and managing stress—there is some evidence that dietary supplements can strengthen the immune system.

Supplements

Because the virus is brand new, there is no research showing that any vitamin, mineral or botanical ingredient is effective against this particular viral strain.

Therefore, it would be irresponsible to claim any dietary supplement can prevent swine flu.

However, there are certain supplements—including vitamin D, probiotics and AHCC (active hexose correlated compound) from hybridized Japanese medicinal mushrooms—that have been shown to help boost immunity, which could increase a body's resistance to the virus.

Virus-Fighting Properties

AHCC is of particular interest to the scientific community, having been studied at Harvard's Faulkner Hospital, Yale University School of Medicine, M.D. Anderson Cancer Center, SUNY Binghamton and Drexel Univer-



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sity. Animal research has shown that AHCC can effectively deter various viral infections, including the H1N1 influenza virus (common flu), the H5N1 avian influenza (bird flu) and the West Nile virus.

In study after study, mice treated with AHCC before being infected with these viruses experienced less severe infections, a shorter recovery time and a better survival rate than control mice.

Successful Trials

AHCC's ability to support immune response has also been confirmed by several human clinical studies, including a recent study at Yale School of Medicine on healthy elderly patients.

There is good reason to hope supplements can help keep immune systems strong, which in turn can help bodies fend off viruses.