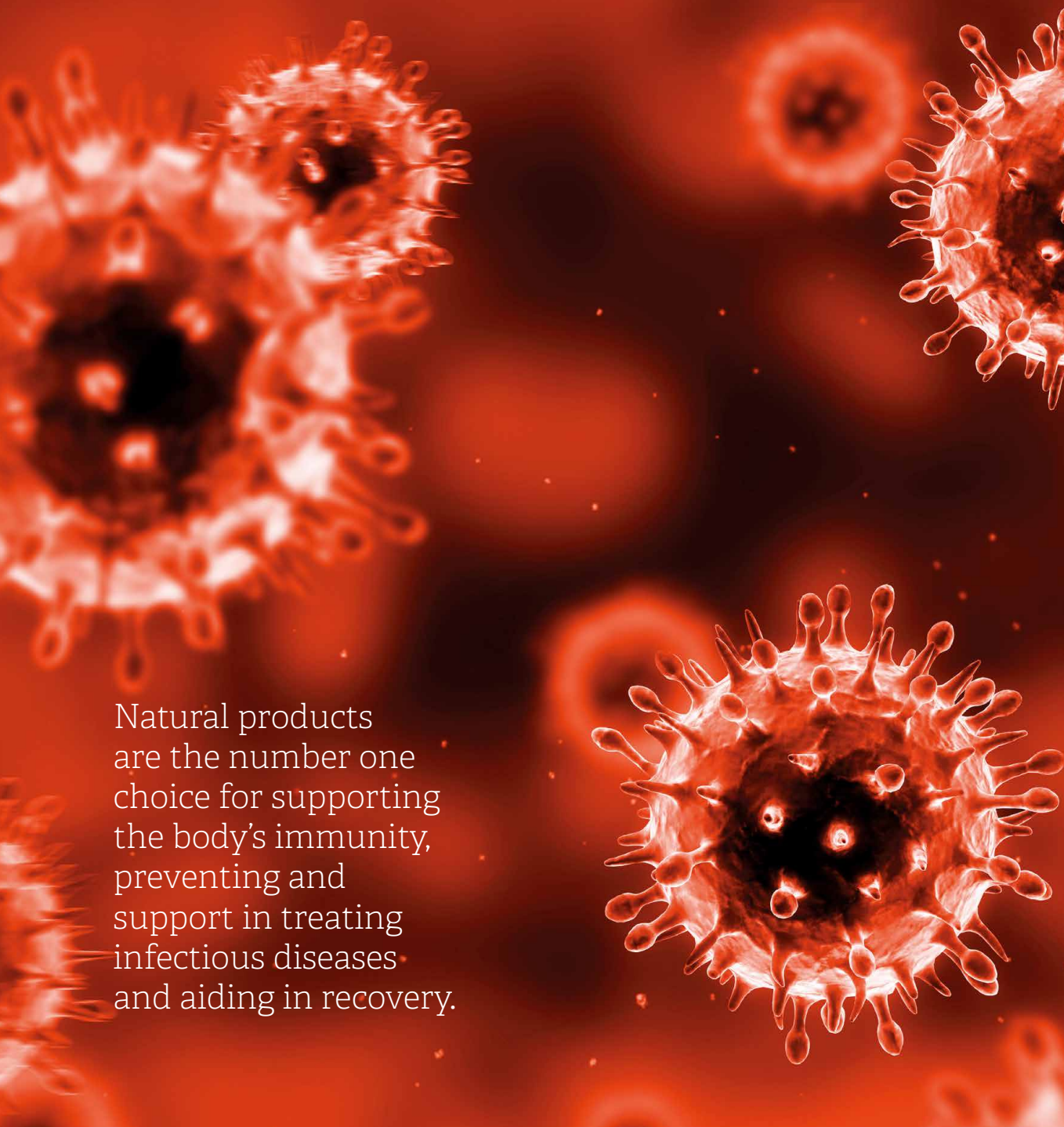




# Healthy and strong immunity

flu - cough - colds - tonsillitis...  
prevention - fighting germs - recovery





Natural products  
are the number one  
choice for supporting  
the body's immunity,  
preventing and  
support in treating  
infectious diseases  
and aiding in recovery.





# Healthy and strong immunity

flu - cough - colds - tonsillitis...  
prevention - fighting germs - recovery

Immunity is a word that is used often by doctors as well as the general public. We tend to blame our fatigue, exhaustion and overwork on immune system disorders, but thanks to all these factors, we might actually have them. And so we ask: "How is it possible that someone gets sick at the first cold rain and another person has no trouble even in the middle of a class of sick children?" The answer seems simple, but as you will see from what follows, it is not quite so. We need to go more to the root of the matter. That is what this booklet is about.

*Dr. Alexandra Vosátková, M.D.*





## WHAT IS IMMUNITY?

It is a very sophisticated and very complicated system of defence mechanisms by which the body both defends itself against infection, or external invasion, as well as destroys already dysfunctional or disturbed tissues within the body. Here we will focus on the part that deals with external invasion. Immune reactions are determined both by the evolution of man as a species and by the life of each individual. In nature, what is not used becomes stunted. This is why we have so many immune disorders in children today, because they often live in too-sterile environments, but we'll touch on that problem later.



## HOW DOES IT WORK?

So what happens when we encounter a hostile bacterium, virus or other invader? First, a non-specific immune response begins. This is the first line of defence to eliminate anything that is foreign and does not belong in the body. This defence takes the form of strong, whole-body

reactions and violent manifestations. It is associated with fever, strong feelings of fatigue, lack of appetite and feeling "sick". Everything in the body is on alert, and the body works to preserve life and health. Now, imagine taking a drug that reduces all the symptoms of the fight, creating a real feeling that everything is all right. Our whole body is fighting, but we go to work, or maybe go out with friends in the evening. Many even play sports, and do not give their bodies a moment of peace to focus on the fight going on inside inside. This habit guarantees the weakening of our immunity sooner or later.

As soon as the most violent reaction passes, the body will begin to make its defence more effective. It tries to gradually reduce its efforts and invest less energy for a better result. This is where the body's memory comes in, the ability to quickly recognise what it is fighting. This is called specific immunity. This is based on antibodies that are designed to mark the spots on invaders that the body already knows. It then quickly and efficiently eliminates them with its killer cells, specialised lymphocytes. And this is very important. After some diseases, the immunity is long-lasting, even for life, as we see in some childhood illnesses. We get them just once.

On the other hand, the body is only able to remember an influenza virus for a very short time – days, weeks at most, so it is senseless to desperately try avoid all possibilities of encountering infections. We need them. We need to teach our immune system what it needs to fight. That is why children in kindergartens suffer from so many infections, so that their body “learns” the most common germs. Now, imagine if the child had no such contact at all. Imagine that a child is given antibiotics right away to keep her healthy, or that she is taken away from the other children prematurely. Her immune system would be severely depleted and it would also not be able to react flexibly later on. The solution is to support a child enough so that the illness he encounters only manifests itself briefly and mildly. That way, his immune system will become familiar with what he needs, respond to it, and he won’t have to stay home for a long time.

## Another important factor is also the training of the immune system.

Antibiotics have already been mentioned here. It would be a mistake to see them as evil. Antibiotics are drugs that have saved thousands of lives. We can treat extremely serious diseases with them. Bacteria multiply extremely quickly, and antibiotics work to fundamentally weaken or kill bacteria. The bad thing is that they are overused. It only takes one bacterium to resist the effect of antibiotics

to become an entire resistant strain that is no longer affected by the drug. There is no point in using them for viral infections, such as flu or other viruses, and they should certainly not be used to supplement the feeding of animals that provide us with food as it has been proven to remain in the food that we consume.



## WHAT SUPPORTS IMMUNITY?

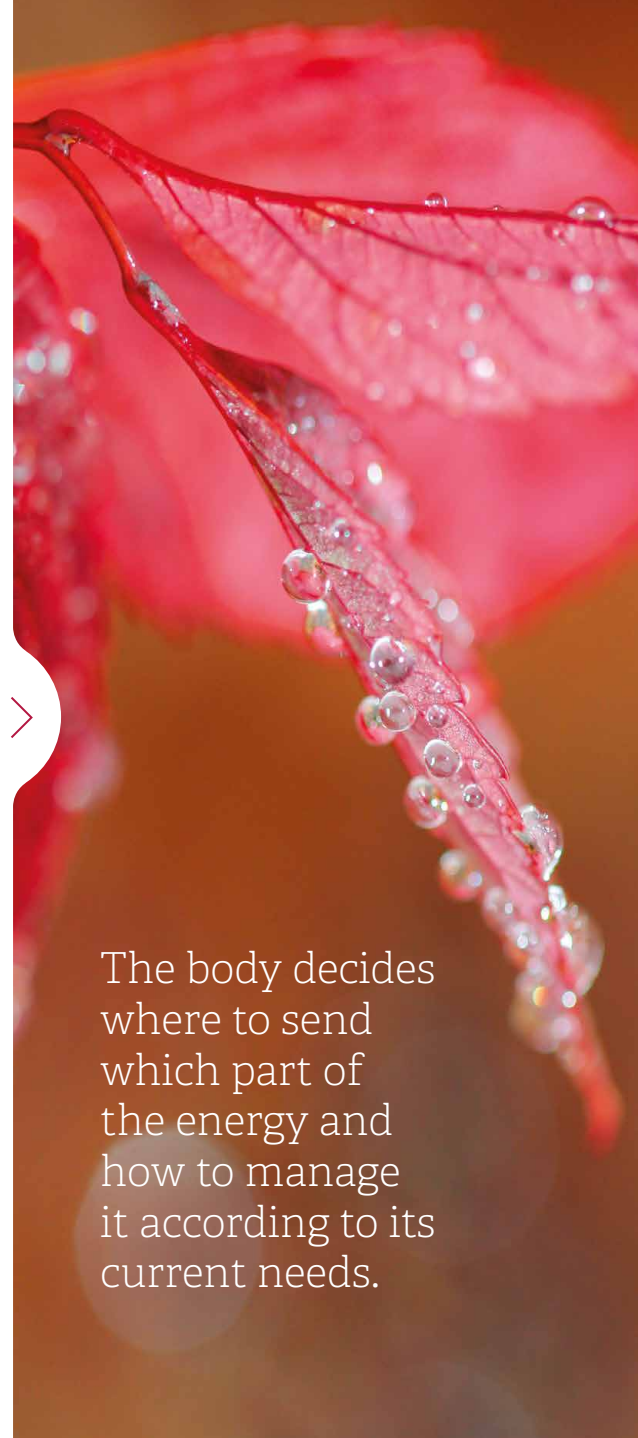
According to Chinese medicine, defensive energy is part of the whole “package” of energy available to an individual. The body decides where to send which part of the energy and how to manage it according to its current needs. In other words – if we have enough overall strength, if we are fit and in good physical and mental condition, we should be able to withstand anything. It follows that if we want to support our immunity, we must first work on our physical and mental health. This includes, in particular, a balance between work and rest, physical activity (especially outdoors), adequate exposure to various climate conditions, sufficient sleep, cultivating joy and contentment in life and a varied diet. The joy must be cultivated. It does come on its own, of course, but not often enough. If one wants to be happy, one must concentrate on it and seek it out purposefully. The more difficult the situation in life, the more intensely one must seek it and hold on to every bit of joy. Scientific studies have clearly demonstrated the negative impact of chronic stress on immune responses in particular.





## WHAT WEAKENS IMMUNITY?

Apart from the above-mentioned overload (physical or mental), immunity is primarily weakened by anything that exceeds a certain threshold. This threshold is different for each person. Some people can tolerate a lot, others less, and everyone should know this about themselves. It is possible to expand this threshold by gradually increasing our resistance and working on ourselves. We also weaken ourselves by exposure to foreign substances or a large bacterial, viral or mycotic load. If the enemy is too strong, we simply cannot overcome it. Another important factor is also the training of the immune system. This can be achieved with cold adaptation (hardening), and it can be done quite naturally. All we have to do is go outside every day, regardless of the weather. If you want, you can add a sauna, showering in cold water, walking barefoot in the morning dew, brisk walking or slow running and various forms of mental hygiene to care for the soul. Remember that the body does not care whether it invests its energy in physical or mental exertion, and also that it is natural to encounter germs in nature; we all need these encounters. It could be more beneficial to our systems if we took something that would support the first line of defence in the body's efforts to protect us. It will fight harder and take less time to eliminate the invader. Read on for a recipe that can do just that. It would be different if we took something that would support the first line of defence in the body's efforts to protect us. It will fight harder and take less time to eliminate the invader.



The body decides where to send which part of the energy and how to manage it according to its current needs.



## PRODUCTS AND ITS EFFECTS

### VIRONAL

Vironal is able to effectively promote the strength of the lungs and the immune system in the mucous membranes and inside the body. According to Chinese medicine, it supports the defensive energy as a whole as well as the energy of the colon and the firmness and resistance of the skin. By boosting the strength of our defence, we can cope much better with all kinds of pathogens – whether bacteria, viruses or fungi. It has an antioxidant effect and shortens the course of infectious diseases, from sinusitis, nasopharyngitis, viruses, flu, pneumonia, diarrhoea or sore throats to inflammation of the nasopharynx. It strengthens the lymphatic system and the digestive organs. It can be combined with antibiotics.

It contains extracts of herbs, such as linden, wild thyme, horseradish, nasturtium, mullein, grapefruit and quinine seeds as well as essential oils.

### FLAVOCEL

Flavocel provides natural vitamin C from Roselle, a flowering plant of the hibiscus family, which acts as an antioxidant. Its bioflavonoids are also the carriers of the „French Paradox“, so called because they are also contained in red wine. These bioflavonoids are known to improve cardiovascular health. Furthermore, the product contains a mixture of essential oils that improve immunity and the condition of the mucous membranes, especially the bronchi and lungs.

### GREPOFIT

Available in the following forms: **capsules** – onset of the effect takes about an hour, but the effect persists for a longer period (3–4 hrs.); **drops** – the effect begins almost immediately, but lasts for a shorter time; **spray and nosol aqua** – suitable for topical use.

The products contain grapefruit seed oil with natural antibiotic, antiviral and antifungal effects. Furthermore, it contains echinacea, which increases non-specific immunity – our first line of defence – as well as Roselle as a source of vitamin C with an anti-inflammatory and disinfectant effect. It also contains Sage which acts against excessive sweating and has anti-inflammatory, antibiotic and astringent effects.

### CISTUS COMPLEX

The product contains a plant extract with extremely powerful effects which destroy any agent that would like to cause infection in the body, however it is NOT an antibiotic. Antibiotics either destroy bacteria or prevent them from multiplying. This can be important and necessary if we are extremely weak or if the infection is so massive that our life is threatened. In normal situations, however, antibiotics are often not necessary. If we take antibiotics anyway, the immune system does not exercise its readiness and we can get sick again. If some bacteria survive the antibiotic attack, they can continue to multiply, creating resistant strains for which no known antibiotics work. The Cistus Complex cooperates with the immune system and also fundamentally weakens whatever is causing the infection whether that is bacteria, fungi or viruses.



Because it has these properties, it is useful whenever one takes antibiotics repeatedly, especially in cases of acute, health- or life-threatening conditions where antibiotics are absolutely necessary. Compared to Grepofit, the action of Cistus Complex is more intensive – the concentrate contains high amounts of herbal extract and the effect is noticeable – therefore, we always recommend it if there are any complications or when germs have “overpowered” Grepofit.

### DRAGS IMUN

The resin from the Croton lechleri tree from the Peruvian rainforest has anti-inflammatory, antiviral, antibacterial and antifungal properties. It works wherever there is heat and is especially helpful in relieving diarrhoea.

### IMUNOSAN

It strengthens immunity when fighting of diseases, can promote the adequacy of immune reactions, can support the immune reactions of all organs and has a preventive effect against many lifestyle-related diseases. In addition to herbs with strengthening, antioxidant and protective properties, it also contains mushrooms – reishi, which has anti-allergy and anti-cancer properties, and almond mushroom – a mushroom that significantly supports immunity, reduces susceptibility to allergies and has anti-cancer properties.



## AUDIRON

This herbal preparation with strong disinfectant properties, is designed especially for application in the ear for pain, inflammation and cold-induced ear pain. However, it can also be used for any disinfection.

By applying it to all reddened areas and ulcers, we can help ourselves significantly. It contains herbs, myrrh oil – a very strong anti-inflammatory remedy that also relieves pain – and geranium oil with its strong effects as well as castor oil, which softens and prepares the treated area for better use of all the good ingredients Audiron contains.

## STIMARAL

This herbal concentrate has a wide range of uses. On one hand, it strengthens the body, especially by promoting better digestion, and on the other hand, it improves the individual's ability to adapt to changes. In relation to immunity, we always recommend it after antibiotics to support digestion and also if fatigue persists.

## CYTOSAN

It belongs to the group of humates – extracts from peat that can bind all kinds of substances to each other. They work in the body by binding mucus, bacteria, residues of inflammatory reactions, viruses, and fungi... and then helps our system to eliminate it all without having to process it.

## PROBIOSAN INOVUM

This probiotic contains “good” bacteria that reside in the intestines and are essential for life. Furthermore, it contains immune-boosting colostrum – the first milk a baby drinks from her mother after birth, which is loaded with antibodies and everything the body may need for immunity. The bacteria contained in Probiosan Inovum are essential to supplement during and after antibiotic therapy.

## MYCOPULM

This is a product with a combination of medicinal mushrooms and herbs that is recommended to be taken immediately after prolonged respiratory illnesses. It replenishes the energy of important organs, especially the lungs, activates the return of lung tissue to its normal state and generally supports all phases of the breathing cycle. It has a positive effect on fatigue, and by using it we can restart the body and support complex regeneration.

## OFFTUSIN

A balanced product with extracts from the most powerful cough suppressants. It is an effective aid in the management of acute infections and chronic coughs of infectious origin. It can be used at any stage of cough-related illness.



# How to take products at different stages of an illness?

<p><b>PREVENTION</b> » seasonal changes, an expected meeting with a sick person, starting kindergarten, school...</p> <p><i>Take while you are at increased risk of illness, for up to 3 months. After three weeks of use, we recommend a one-week break.</i></p>	<p><b>Vironal</b></p> <p><b>Flavocel</b></p> <p><b>Probiosan Inovum</b></p>	<p><b>adults</b> 7-0-7 drops <b>children</b> 2-0-2 drops</p> <p><b>adults</b> 1-1-1 tablet <b>children</b> 1 tablet daily</p> <p><b>adults</b> 1 capsule twice daily <b>children</b> 1 capsule daily</p>
<p><b>AFTER AN ENCOUNTER WITH GERMS</b> » sickness at work or school, coughing in your face on the bus, sick children...</p> <p><i>It can be used for 3 weeks.</i></p>	<p><b>Vironal</b></p> <p><b>Flavocel</b></p> <p><b>Grepofit</b></p> <p><b>Grepofit drops</b></p>	<p><b>adults</b> 7-0-7 drops <b>children</b> 2-0-2 drops</p> <p><b>adults</b> 1-0-1 tablet <b>children</b> 1 tablet daily</p> <p><b>adults</b> 2-0-2 capsules</p> <p><b>children</b> 1 drop per 10 kg 3 times a day</p>
<p><b>FIRST SYMPTOMS</b> » chills, joint pain, muscle pain, tension-type headache, frequent urination, incipient colds, fatigue</p> <p><i>Dosage: 5 times a day for a maximum of 5 days and then 3 times a day until symptoms disappear.</i></p> <p>» ear pain</p>	<p><b>Vironal</b></p> <p><b>Grepofit</b></p> <p><b>Grepofit drops</b></p> <p><b>Audiron</b></p>	<p><b>adults</b> 5 drops 5 times a day <b>children</b> 2 drops 5 times a day</p> <p><b>adults</b> 1 capsule 5 times a day <b>children</b> 1 capsule twice daily</p> <p><b>adults</b> 7 drops 5 times a day <b>children</b> 3 drops 5 times a day</p> <p>1 drop in both ears 5 times a day</p>

*Note: dosage for children is given from 4 years of age.*







## ONGOING ILLNESS

» fever, colds, cough, exhaustion

» chills, joint pain, muscle pain, tension-type headache, frequent urination, fatigue

*Dosage: 5 times a day for a maximum of 5 days and then 3 times a day until symptoms disappear.*

» ear pain

» persistent excessive amount of mucus

» sore throat

» colds, enlarged tonsils

## WEAKENING, RESISTANCE

» weakening caused by ongoing infection or before it, resistant infection, repeated administration of antibiotics, fungal or intense viral infection

*Duration of use at least 14 days*

## RECOVERY

» fatigue, loss of appetite

*Use for 3 weeks.*

» persistent fatigue (fatigue syndrome)

Vironal

adults 5 drops 5 times a day  
children 2 drops 5 times a day

Offtusin

adults 1 tablet 4 times a day  
children 1 tablet twice daily

Grepofit

adults 1 capsule 5 times a day  
children 1 capsule twice daily

Grepofit drops

adults 7 drops 5 times a day  
children 3 drops 5 times a day

Drags Imun

adults 5 drops 5 times a day  
children 2 drops 5 times a day

Audiron

1 drop in both ears 5 times a day

Cytosan

adults 1 capsule 3 times a day  
children 1 capsule daily

Mycopulm

adults 1 capsule 3 times a day  
children 1 capsule daily

Grepofit spray

spray into the mouth 5 times a day

Grepofit nosol aqua

adults up to 5 times a day  
children 3 times a day

Cistus complex

adults 7 drops 3 times a day  
children 1 drop per 10 kg  
2–3 times a day

Vironal

adults 7 drops 3 times a day  
children 1 drop per 10 kg  
3 times a day

Drags Imun

adults 7 drops 3 times a day  
children 1 drop per 10 kg  
3 times a day

Mycopulm

adults 1 capsule 3 times a day  
children 1 capsule daily

Vironal

adults 5 drops 3 times a day  
children 2 drops 3 times a day

Grepofit

adults 1 capsule 3 times a day  
children 1 capsule daily

Imunosan

adults 1 capsule 3 times a day  
children 1 capsule daily

Mycopulm

adults 1 capsule 3 times a day  
children 1 capsule daily

Stimaryl

adults 5-5-0 drops

*Note: dosage for children is given from 4 years of age.*





## VIRONAL

**Product characteristics:**  
natural herbal concentrate  
**Contents:** 30ml

- » IMMUNE SYSTEM \*
- » RESPIRATORY SYSTEM \*\*
- » DIGESTION \*\*\*
- » SKIN \*\*\*\*

**Usage:** Within the Five Element Regeneration®, Vironal belongs to the Metal element. The active ingredients of its extract support the **immune system\*** (mullein), ensure the health of the **respiratory system\*\*** (small-leaved linden), **digestion\*\*\*** (St. Benedict's thistle) and **skin\*\*\*\*** (liquorice). To achieve a greater effect, we recommend combining Vironal with Droserin cream from the Five Element Regeneration® herbal creams.



## DRAGS IMUN

**Product characteristics:**  
natural concentrate product from Amazonian resin  
**Contents:** 30ml

- » CROTON LECHLERI TREE SAP
- » TRADITIONAL NATIVE AMERICAN MEDICINE
- » TROPICAL REGIONS OF PERU

**Usage:** Individual species of Croton spp. produce a dark red foamy sap; its foaming is caused by the saponins it contains. The most frequently cited species is Croton lechleri Muell. Arg. and is a typical representative and "producer" of the ruby-coloured latex, which is also contained in Drags Imun. This tree, from the Euphorbiaceae family, is native to the rainforests of Central and South America.



## CISTUS COMPLEX

**Product characteristics:**  
natural herbal concentrate  
**Contents:** 30 ml

- » IMMUNE SYSTEM\*
- » UPPER RESPIRATORY TRACT\*\*
- » URINARY TRACT \*\*\*

**Usage:** The Cistus Complex natural product contains a unique combination of two species of cistus (Cistus incanus and Cistus ladanifer) and echinacea (purple coneflower), which supports the **immune system\***, ensures the health of the **upper respiratory tract\*\*** and **lower urinary tract\*\*\***.



## GREPOFIT / GREPOFIT DROPS

**Product characteristics:**  
natural product containing grapefruit seed extract, echinacea, roselle and sage  
**Contents:** 135 capsules / 30 ml

- » IMMUNE SYSTEM\*
- » UPPER RESPIRATORY TRACT\*\*
- » URINARY TRACT \*\*\*
- » MICROBIOLOGICAL BALANCE\*\*\*\*

**Usage:** Grepofit natural product contains a balanced combination of the most effective natural substances that **support the immune system\*** (sage). Echinacea (purple coneflower) **ensures the health of the upper respiratory tract\*\*** and **lower urinary tract\*\*\***. Grapefruit seed extract improves the **microbiological balance of the body\*\*\*\***.



## OFFTUSIN

**Product characteristics:**  
 natural product containing a concentrated extract of echinacea, elderberry, South African geranium root, English ivy and Iceland lichen  
**Contents:** 60 tablets

- » IMMUNE SYSTEM\*
- » UPPER RESPIRATORY TRACT\*\*

**Usage:** Offtusin is a natural product containing five of the most effective extracts for boosting the **natural immunity\*** and health of the **upper respiratory tract\*\***.



## FLAVOCEL

**Product characteristics:**  
 natural product containing flavonoids and vitamin C  
**Contents:** 150 tablets

- » IMMUNE SYSTEM\*
- » FATIGUE AND EXHAUSTION\*\*
- » VITALITY, REFRESHMENT\*\*\*
- » BLOOD VESSELS, CARTILAGE, SKIN, TEETH\*\*\*\*

**Usage:** Flavocel is a natural product containing a highly concentrated extract of roselle, which promotes **vitality and refreshment\*\*\*\*** of the body. It is enriched with vitamin C (200 mg/1 tablet), which strengthens the **immune system\***, contributes to the reduction of **fatigue and exhaustion\*\*** and the production of collagen for the normal function of **blood vessels, cartilage, skin and teeth\*\*\*\***. We recommend long-term use especially during immune-challenging periods.



## MYCOPULM

**Product characteristics:**  
 natural dietary supplement containing a combination of medicinal mushrooms and herbs  
**Contents:** 90 capsules

- » COMBINATION OF RARE MUSHROOMS AND HERBAL EXTRACTS
- » ACCORDING TO TCM, IT BELONGS TO THE METAL ELEMENT
- » IT ASSISTS THE LUNGS AND LARGE INTESTINE PATHWAY

**Usage:** The Mycopulm natural product contains a balanced complex of vital mushrooms and herbal extracts. According to the Five Element Regeneration® method, it corresponds to the Metal element. It contributes to the harmony of the lungs and large intestine pathway. It harmonises problems found in the respective organs and tissues while nurturing and strengthening these organs and tissues.



## IMUNOSAN

**Product characteristics:**  
 natural product with a unique combination of effective immunomodulating natural substances  
**Contents:** 90 capsules

- » IMMUNE SYSTEM\*
- » HEALTH OF THE RESPIRATORY SYSTEM\*\*
- » BLOOD SUGAR\*\*\*\*
- » ADAPTATION, VITALITY, BODY REFRESHMENT\*\*\*\*\*

**Usage:** Imunosan natural product supports the **natural defences and immune system\*** (reishi). Eleutherococcus spinosus contributes to the **health of the respiratory system\*\***, affects **blood pressure and blood sugar\*\*\*\*** and induces a state of relaxation and good mood. The health of the cardiovascular system is strengthened by Mongolian milkvetch, which acts as a **natural adaptogen\*\*\*\*\***. Green tea extract contributes to body refreshment and overall **vitality\*\*\*\*\***. It has an effect on cognitive function (memory, attention, alertness), concentration and sleep.



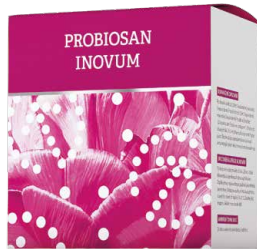


## STIMARAL

**Product characteristics:**  
natural herbal concentrate  
**Contents:** 30 ml

- » **MENTAL WELL-BEING\***
- » **DIGESTION\*\***
- » **BRAIN\*\*\***
- » **ADAPTATION\*\*\*\***

**Usage:** The active ingredients in Stimaral herbal extract affect **mental well-being\***, **liver health**, **digestion\*\*** and **detoxification** (Chinese magnolia-vine). Ginkgo biloba affects **brain function**, mental balance and **cognitive function** (**memory, attention, concentration, alertness**)\*\*\*. Ceylon cinnamon contributes to normal **stomach** function, **skin and mucous membrane health** and **normal blood sugar levels**.

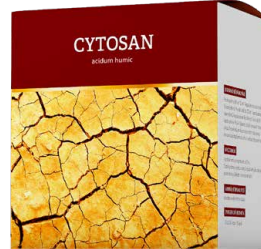


## PROBIOSAN INOVUM

**Product characteristics:**  
natural product with a mixture of probiotic cultures, beta-glucans, cow colostrum and inulin  
**Contents:** 60 capsules

- » **COMBINATION OF UNIQUE (PRE) PROBIOTICS**
- » **BETA-GLUCANS – OYSTER MUSHROOM**
- » **COW COLOSTRUM**

**Usage:** Probiosan Inovum is a natural product containing the 10 most important strains of **probiotic bacteria** and the prebiotic **inulin**. Furthermore, it contains beta-glucans from their best source, the well-known **oyster mushroom**, and valuable **colostrum**, which is part of breast milk and is produced only in the first hours after birth.



## CYTOSAN

**Product characteristics:**  
natural product containing humate, succinic acid and silymarin  
**Contents:** 90 capsules

- » **UNIQUE HUMATES**
- » **BODY DETOXIFICATION\***
- » **DIGESTION – LIVER\*\***
- » **BLOOD SUGAR\*\*\***

**Usage:** Cytosan natural product contains humates, which are a mixture of humic and fulvic acids. They were formed by the gradual decomposition of organic Tertiary period matter in places of lignite and peat deposits. These substances are extremely bioactive. Silymarin supports **body detoxification\***, **liver health**, **normal digestion\*\*** and affects **blood sugar levels\*\*\***. It ensures the body's natural defences and acts as an antioxidant.



## AUDIRON

**Product characteristics:**  
natural herbal product for external use  
**Contents:** 30 ml

- » **EAR AND HEARING PROBLEMS**
- » **INFECTIONS CAUSED BY HERPES VIRUSES**
- » **COLDS, TOOTHACHES, SKIN PROBLEMS**

**Usage:** The product contains seven plant extracts, vitamin E, a complex of bioinformation and essential oils. It can be used for middle ear infections, tinnitus, ringing and whistling in the ears and hearing disorders. It brings relief and accelerates healing in herpetic diseases (cold sores, chicken pox). It is also applied externally for some types of warts, ulcers, fungal skin diseases (especially on the feet), inflammatory and other skin problems. It helps with pain and inflammation of the teeth and oral cavity, mouth sores, colds, swollen mucous membranes, hemorrhoids and vaginal discharge.



Your consultant:

[www.energysk.com](http://www.energysk.com)