



## NORDIC IMMUNE™ Daily Defense

4-in-1 Daily Immune Support\*

- ✓ 4 Complementary nutrients with evidence-based benefits for cellular and immune health\*
- ✓ Includes elderberry extract, essential vitamins D3 and C, and chelated zinc glycinate for better absorption\*
- ✓ Powerful antioxidant support for a healthy response to immune stressors\*
- ✓ Promotes the body's innate and adaptive immune mechanisms\*
- ✓ Third-party tested for purity and potency
- ✓ Non-GMO Verified

Nordic Immune™ Daily Defense makes supporting your immune system more convenient than ever, with four complementary and well-researched nutrients in one powerful formula.\* These evidence-based ingredients collectively support a range of natural immune mechanisms and provide powerful antioxidant support for a healthy response to immune stressors.\*

Essential vitamins C and D3 facilitate critical immune activities, while zinc glycinate and standardized elderberry extract support the development and function of immune cells.\*

This convenient blend of nutrients is designed for daily use to provide foundational support for hardworking immune cells throughout the year—because your immune system never takes a day off.\*

- Perfect for men and women, ages 18+, and seniors
- Pairs well with fish oil (e.g., ProOmega®) and probiotics (e.g., Nordic Flora™ Probiotic Daily)
- Can be taken in addition to a daily multivitamin and multimineral



## Frequently Asked Questions

**Q: There are a lot of elderberry extracts on the market. What is different about yours?**

**A:** Our elderberry extract is manufactured using a proprietary water extraction and filtration method that effectively isolates anthocyanins, polyphenols, and polysaccharides. This solvent-free extraction process preserves the fruit matrix without adulteration to anthocyanins. As a result, our elderberry extract is standardized to a minimum anthocyanin content and is considerably more potent than most elderberry extracts on the market.

**Q: What does “standardized elderberry extract” mean?**

**A:** Standardized plant extracts provide a specific concentration of one or more chemical compounds (in this case—anthocyanins). As a result, the final supplement includes an exact amount of the chemical compound derived from the plant. This process also ensures that the same amount of the compound is included in every batch. In other words, it *standardizes* the concentrations from batch-to-batch.

**Q: How is the form of vitamin D in this product (cholecalciferol) different from vitamin D2?**

**A:** There are two main forms of vitamin D—vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). Vitamin D3 is the biologically active and natural form of vitamin D. It is substantially more potent than vitamin D2, and our bodies absorb and utilize it more effectively than D2.

**Q: Can I take Nordic Immune Daily Defense every day? Even when it’s not cold and flu season?**

**A:** Yes. Because your immune system is operating every minute of every day, this product is designed to provide general functional support to immune cells on a daily basis.\*

**Q: How is the form of zinc in this product (zinc glycinate) different from other common forms of zinc?**

**A:** Zinc glycinate, an amino acid chelate, is a high-potency source of zinc formulated for enhanced bioavailability. In this form, zinc is combined with two glycine molecules to help facilitate its absorption across the intestinal wall and reduce interference from other competing minerals.\* A number of studies indicate that chelated zinc is better absorbed and more bioavailable than non-chelated zinc.<sup>1,2</sup> What’s more, because glycine is the smallest of the amino acids, it forms the smallest amino acid trace element complex with the highest mineral content.

**Q: Can I split up the dose and take one soft gel three times a day (morning, noon, night)?**

**A:** Absolutely! Smaller, regular doses throughout the day are a great way to take this supplement. But if you prefer to take it all at once, that’s okay too.

Supplement Facts		
Serving Size: 3 Soft Gels Servings per container: 30		
Amount Per Serving	% Daily Value**	
Calories	25	
Total Fat	2 g	3%
Vitamin C (as ascorbic acid)	1000 mg	1111%
Vitamin D3 (cholecalciferol)	50 mcg (2000 IU)	250%
Zinc (as zinc glycinate)	15 mg	136%
Black Elderberry Extract ( <i>Sambucus nigra</i> ) (fruit) (Standardized to 30 mg anthocyanins)	429 mg	†

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.  
Less than 1 g of carbohydrates per serving.  
Less than 1 g of protein per serving.

Please recycle this container

Rev. A-01

**Other Ingredients:** organic extra virgin olive oil, soft gel capsule (gelatin, glycerin, water, carob color, natural lemon flavor), organic maltodextrin, beeswax.  
No gluten, milk derivatives, or artificial colors or flavors.

## References:

1. Jarosz Ł, et al. Biol Trace Elem Res. 2019. 187(1): p. 258-272.
2. Richards J, et al. Open Access Animal Physiology. 2015. 7: p. 97-110.

To learn more, visit [nordicnaturals.com](http://nordicnaturals.com)  
To order, call 800.662.2544

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

