



# Q&A

**Q: How many Defense capsules should I take?**

A: We recommend two capsules daily.

**Q: When should I take Reliv Defense?**

A: Reliv Defense can be taken any time of day, with or without food.

**Q: Why is a strong immune system important?**

A: The immune system protects your body from infection, viruses and disease to help prevent you from becoming sick. As we age, our immune response capability becomes reduced, which in turn can leave us more susceptible to colds, flu and other illness.

**Q: What is the best way to strengthen your immune system?**

A: Choose a healthy lifestyle; don't smoke, eat a diet high in fruits and vegetables, exercise regularly, maintain a healthy weight, don't drink alcohol or if you do, only drink in moderation, get adequate restorative sleep and minimise stress.

**Q: Why take Reliv Defense?**

A: Reliv Defense fuels your body with premium nutrients selected for their individual ability to support the immune system. Each nutrient has its own role to play and combine into a powerful formula - Reliv Defense – to provide comprehensive immune support.

**Q: What are the key benefits and ingredients in Reliv Defense?**

A: Please refer to this **Features and Benefits List**.

**Q: How are Reliv Defense and LunaRich X Different?**

A: Even though both products have immunity support benefits, Reliv Defense and LunaRich X are distinctly different products. Not only do the products contain very different ingredients, but they also function by unique mechanisms of action. Lunasin acts on the epigenome to regulate genes, including those associated with immunity. To put it simply, LunaRich X offers overall cellular health and immune support. The ingredients in Reliv Defense target those cell types directly associated with immune response.

**Q: Should I take Reliv Defense AND LunaRich X?**

A: Yes, Reliv Defense and LunaRich X are two very different products that have differing but complimentary mechanisms of action.

**Q: How does Reliv Defense fit in with Reliv's Core Nutritional Products?**

A: As with all of Reliv's Targeted Solutions, Reliv Defense is designed with a special blend of ingredients intended to complement the broad base of vitamins, minerals and other nutrients contained in Reliv Nourish™. Nutrients derive added strength from each other inside your system to make them even more effective.