



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

A: Reliv Defense contains unique ingredients not found in any other Reliv formula, intended specifically to directly support the immune system.

- The two sources of beta glucans (baker's yeast and algae) are known to help the immune system respond quickly and efficiently to threats.
- Reishi mushroom extract is an adaptogen and antioxidant that primes immune cells for rapid response to pathogens.
- Tinofend extract (tinospora cordiofolia) is a shrub native to India that has been used in Ayurvedic medicine for centuries. It is clinically demonstrated to support immune health via histamine effects.

**Q: What is the Immune Support category?**

A: Immune Support is a Targeted Solution that is important to many consumers. Several of the Reliv products contain nutrients that inherently support immunity, but this category was added to the shake wheel specifically to direct consumers to Reliv products with primary immune support benefits.

**Q: Why did you change the category for LunaRich X™?**

A: The body of research continues to expand and validate the health benefits of lunasin, especially in the area of immunity support. To help more consumers discover the many health benefits of lunasin, LunaRich X™ has been placed in the Immune Support category.

With more than 100 published studies on lunasin, the documented benefits include:

- Heart health
- Cholesterol management
- Antioxidant benefits
- Immune support
- Overall cellular health

**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 associated with immunity and inflammation. To put it simply, LunaRich X offers overall cellular health and immune support. The ingredients in Reliv Defense have a more generalized mode of action that targets those cell types directly associated with immune response.

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

A: Yes, Reliv Defense and LunaRich X can be taken together. The differing mechanisms of action are complementary for comprehensive immune support.

**Q: How does Reliv Defense fit in with Reliv's Core Nutrition 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 Now® and Reliv Classic®.

**Q: Can I combine Reliv Defense with RLV Hemp Extracts?**

A: For enhanced immune support benefits, Reliv Defense can be taken in combination with RLV Hemp Extracts, as part of your daily Reliv regimen. Follow the directions for usage on the RLV Hemp extract labels.

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

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

