

The PureResponse™ Self-Tissue Response Guide

Developed with Samuel F. Yanuck, D.C., FACFN, FIAMA⁺

This three-step guide is intended for patients with an immune response directed at self-tissue. Each step supports a key aspect of the immune system and cumulatively helps promote a balanced immune response. Follow this guide in a stepwise fashion. Once implemented, the formulas and dosages in this guide may be used indefinitely or modified as needed to maintain immune homeostasis.[‡]

Timeline

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Ongoing use of the formulas in this guide is recommended. Re-evaluate patient needs as necessary.

Step 1

Promote T-helper Cell Balance[‡]

At the start of Week 1, introduce the following two formulas to rebalance T-helper cell populations:[‡]

Th1 Support

Promotes a healthy Th1 immune response[‡]

 2 capsules, 1-2 times daily



Th2 Modulator

Helps modulate the Th2 immune response and balance mast cell activity[‡]

 2 capsules, 1-2 times daily

Step 2

Support Cytokine Balance[‡]

At the start of Week 3, add the following two formulas to support cytokine balance, modulate self-tissue responsiveness and replete essential nutrients:[‡]

Balanced Immune

Modulates cytokine production[‡]

 2 capsules, 1-2 times daily



PureResponse™ Multivitamin

The only multivitamin for self-tissue response on the market^{**}

 2 capsules, 1-2 times daily

Step 3

Personalize

Additional formulas can help augment the previous steps and address patient-specific concerns. At the start of Week 5, choose from the following formulas:

Innate Immune Support

Promotes healthy cellular immune response to support innate immunity[‡]

 1 capsule, 1-2 times daily



EpiIntegrity powder

Supports G.I. barrier integrity and healthy modulation of mucosal immune response[‡]

 1 scoop, 1-2 times daily

Coriolus extract

Promotes white blood cell number and function[‡]

 1 capsule, 1-2 times daily



Perilla extract

Supports healthy modulation of Th2 cytokines and mucosal health[‡]

 1 capsule, 1-2 times daily

⁺Dr. Samuel F. Yanuck is a retained advisor to Pure Encapsulations. ^{**}As of 10/4/2019 among leading professional brands. This information is intended for use by licensed healthcare practitioners only and is not intended as medical advice.

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Step 1

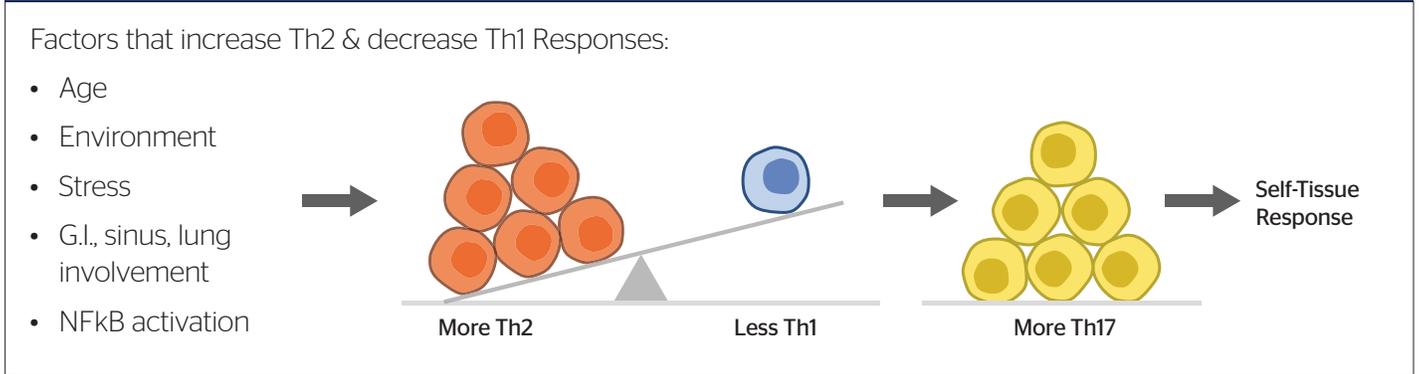
Promote T-helper Cell Balance[‡]

There are four key T-helper cell types. Each type plays an important role in maintaining a healthy immune response. The following table outlines the main functions of each T-helper cell type.

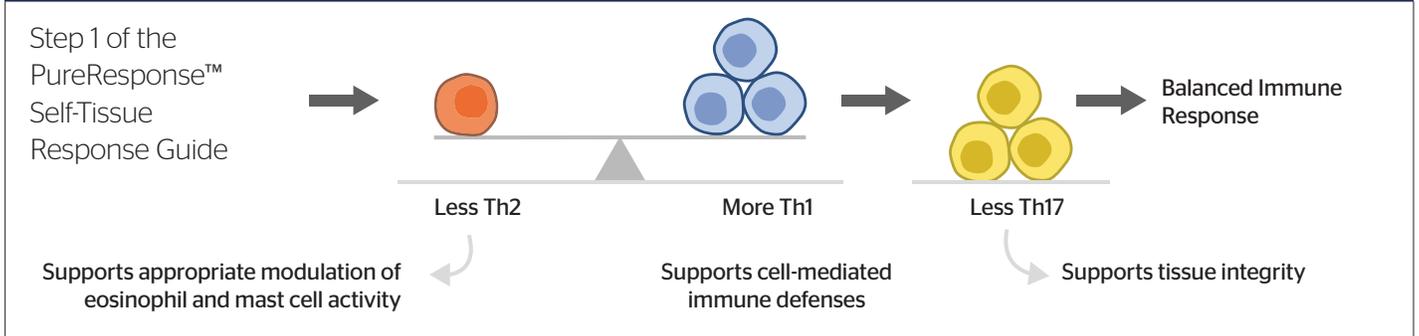
T-helper Cell Type	Main Functions
Th1 cells 	A healthy Th1 response** is essential for cell-mediated immune defenses.
Th2 cells 	A Th2 response, within a healthy range, helps maintain appropriate eosinophil and mast cell activity along with mucosal health in response to environmental factors.
Th17 cells 	A Th17 response, within a healthy range, helps maintain microbial balance along with tissue integrity.
Treg cells 	Treg cells help maintain immune homeostasis by modulating the effects of other T-helper cell types.

Step 1 of the PureResponse™ Guide is designed to support a balanced T-helper cell profile by promoting Th1 response and helping to modulate Th2 and Th17 responses.[‡]

Factors commonly seen in clinical practice drive up Th2 response and drive down Th1 response. When Th1 response is diminished, Th17 response expands. This can lead to self-tissue response. This relationship is illustrated below.



Shifting the balance in favor of Th1 cells: 1) Supports cell-mediated immune defenses and 2) Helps to keep Th2 and Th17 cells within a healthy range.[‡]



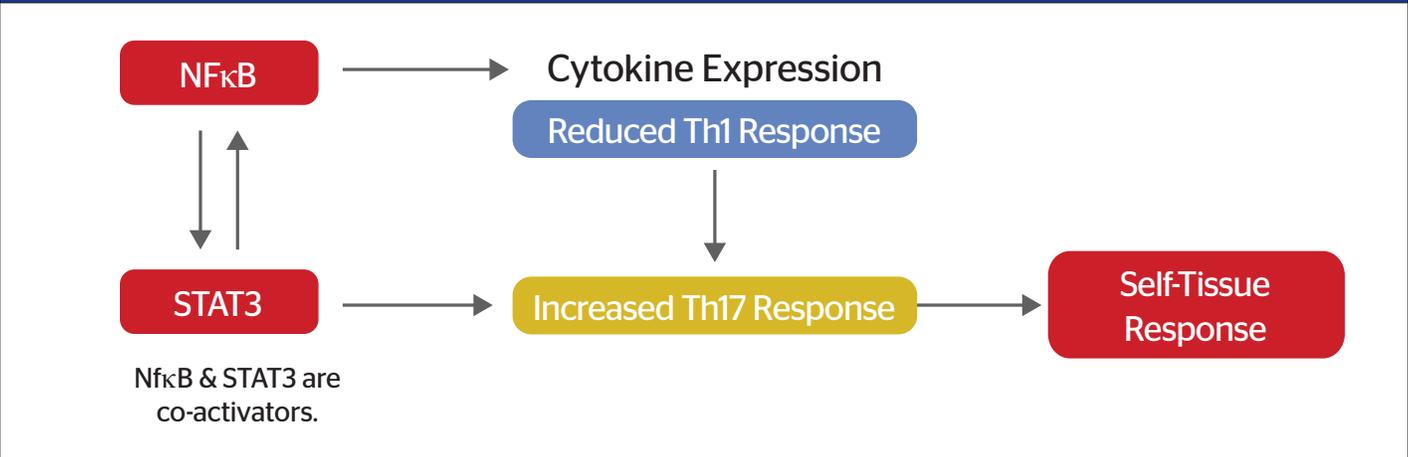
**In immunology, the term "response" refers to both the number and function of the cell. For example, an "increased Th2 response" means that both the number and function of the Th2 cells are increased.

Step 2

Support Cytokine Balance[‡]

A balanced profile of cytokines is essential for tissue health and immune homeostasis. NFκB and STAT3 regulate cytokines by modifying gene expression. This can influence T-helper cell balance and self-tissue response, as illustrated below.

NFκB influences both cytokine expression and STAT3 activity. This can favor the formation of Th17 cells and lead to self-tissue response.



Step 2 of the PureResponse™ Guide is designed to support immune balance and tissue integrity, and replenish essential nutrients. While supporting cytokine balance is an essential step, it is critical to first support a balanced T-helper cell profile (Step 1).[‡]

Step 3

Personalize[‡]

Additional formulas can help augment the previous steps and address patient-specific concerns. At the start of week 5, choose from the following formulas:



Innate Immune Support
Promotes cell-mediated immunity, including NK cell and macrophage activity. May be indicated for enhancement of natural defenses and mucosal health.[‡]



EpilIntegrity powder
Promotes broad-spectrum G.I. integrity by supporting mucosal immune response and epithelial barrier function.[‡]



Coriolus extract
Promotes white blood cell number and function, including lymphocyte, macrophage and NK cells. Also supports cytokine balance and healthy microflora.[‡]



Perilla extract
Supports healthy modulation of Th2 cytokines, and eosinophil and mast cell activity. Also helps maintain healthy modulation of mucosal immune responses to environmental factors and cytokine homeostasis of GI mucosal tissue.[‡]

Step 3 of the PureResponse™ Guide provides tools for the clinician to focus on specific targets that may need to be addressed to achieve successful outcomes.

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[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



490 Boston Post Rd, Sudbury, MA 01776



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¹Nutrition Business Journal® 2016

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