

Ultimate Defense – Ingredient Validation Data Sheet

Product Overview

Ultimate Defense is a broad-spectrum immune and antioxidant support supplement. It combines over 20 traditionally used herbs and superfoods that have been studied or documented in global herbal pharmacopeias, traditional medical systems, and ethnobotanical literature. This data sheet outlines historical records and clinical or ethnobotanical support for each ingredient's immune, antiviral, or antioxidant properties.

Documented Herbal Ingredient Validity

Ingredient	Evidence of Efficacy	Source Type
Astragalus Root	Supports immune modulation and white blood cell activity	Traditional Chinese Medicine; NIH studies
Olive Leaf	Contains oleuropein, shown to have antiviral and antimicrobial effects	Phytotherapy Research; Mediterranean herbal records
Reishi Mushroom	Beta-glucans proven to stimulate immune function	TCM texts; Journal of Ethnopharmacology
Echinacea purpurea	Stimulates immune response, reduces cold duration	Western Herbalism; Cochrane Reviews
Tart Cherry	Rich in anthocyanins with antioxidant & anti-inflammatory properties	Nutritional Biochemistry journals
Ravintsara Leaf	Used for antiviral and respiratory conditions in Malagasy medicine	Ethnobotanical studies
Chlorella	Detoxifying, immune-supporting algae rich in chlorophyll	Japanese herbal medicine; clinical trials
Camu Camu	Extremely high vitamin C content to enhance immunity	Amazonian traditional use; nutritional research
Maqui Berry	Strong antioxidant activity from delphinidins	Chilean ethnobotany; antioxidant research
Hawthorn Berry	Circulatory and cardiovascular tonic with immune co-benefits	European Herbal Monographs
Beet Root	Nitrate-rich, supports blood flow and detox pathways	Nutritional science journals
Pomegranate	Ellagic acid-rich fruit with antioxidant effects	Middle Eastern folk medicine; modern trials

Chokeberry	Anthocyanin-rich antioxidant and cellular protector	North American herbalism; polyphenol studies
Wild Blueberry	Neuroprotective and antioxidant-rich	American folk use; USDA nutrient database
Ginger Root	Antiviral, anti-inflammatory, digestive and circulatory stimulant	Ayurveda and TCM; clinical studies
Juniper Berry	Used for urinary purification and lymphatic drainage	European folk medicine; herbal compendiums
Calendula Flower	Known for anti-inflammatory and immune-modulating actions	Western herbalism; European Medicines Agency monograph
Hyssop	Biblically referenced; supports lung and sinus clarity	Biblical texts; Western herbal tradition
Myrtle Leaf	Used to treat coughs and bronchial conditions	Mediterranean herbal texts
Spinach Leaf	Nutrient-rich plant supporting folate and immune strength	Nutritional medicine
Black Mustard Seed	Warming, stimulating seed used to clear toxins	Ayurvedic texts
Long Pepper	Traditionally used to enhance bioavailability and immune fire (Agni)	Ayurveda; Indian herbal texts