

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 |
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| 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 |

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| 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 |