

This leaflet provides some additional information about **Immune-Knight™** tablets & capsules.



**What are Immune-Knight Tabs-Caps For?**

**Three variants of dosage forms; Medium Capsule, Small Capsule & Medium Tablets:**

The key ingredients in **Immune-Knight™** Cap-Tabs are:

- **Vitamin C 500 mg;** medium sized white capsule (30 Once A Day Supply)
- **Vitamin D3 5000IU 120 µg;** small sized white capsule (30 Once A Day Supply)
- **Calcium300mg + Magnesium150mg + Zinc05mg;** white tablet (30 One A Day Supply)

\* Slight colour variation may appear between batches due to the natural ingredients used.

- **Immune-Knight™ Caps & Tabs are suitable for vegetarians & vegans**
- **Immune-Knight™ Caps & Tabs are free from yeast, gluten, wheat, gelatin, soy, dairy & artificial colours.**
- **Immune-Knight™ Caps & Tabs undergo rigorous quality control procedures before they are placed on the market for general sale.**





**How should I take Immune-Knight™ Caps & Tabs?**

**Immune-Knight™ Caps & Tabs**

These are an exceptionally balanced combination of Vitamins, Minerals & Trace Elements which provides the nutritional support that the body needs whilst staying strong during spring seasons or flu days, & also the maintenance dose of Vitamin D3 5000IU keeps immunity & its associated cellular metabolism prepared for sudden risks in daily routine.

<b>Vitamin C</b>	Important for collagen formation & functions of blood vessels. It contributes to normal function of the bones, cartilage, gums, skin and teeth. It also contributes to reduction of tiredness, fatigue & normal energy-yielding metabolism. Contributes to normal iron & energy metabolism, maintenance of normal mucous membranes, skin & vision. Also contributes to normal function of immune system. <b>A dose of 500-1500mg, two to three times a day with meals.</b>
<b>Vitamin D3 5000IU</b>	Contributes to the maintenance of normal bones, muscle function and blood calcium levels. It also contributes to the maintenance of normal teeth and the immune system. Vitamin D3 (not D2): 5000IU after breakfast (as a prevention); 30,000IU as soon as you notice symptoms of viral infection (continue this dose for 2-3 weeks, not longer than one month). After the recovery return to the maintenance daily dose of 3,000IU to 5,000IU. Vitamin D is the strongest immune system booster. If you are deficient in this vitamin (without supplementation all of us are), immune system is very weak and unable to protect you against viral attacks.
<b>Zinc</b>	Contributes to normal DNA synthesis, macronutrient, fatty acid and carbohydrate metabolism, as well as normal cognitive function. It also contributes to the maintenance of normal vision, hair, nails and skin. It is also required for healthy immune system. 15-30mg Zinc & 50-200mcg Selenium daily with meals are important. Both minerals are absolutely crucial for a strong immunity.
<b>Magnesium</b>	Remember to take well-absorbed Magnesium (such as citrate or Bisglycinate: 150-200mg twice daily). If you are deficient in this mineral (almost all of us are due to soil depletion and other factors), Vitamin D will remain inactive and will not boost your immunity. In addition, Magnesium itself plays important role in maintaining strong immune system.
<b>Calcium</b>	T-lymphocytes, which play a central role in cell-mediated immunity, require a sustained Calcium ion flow for regulation, survival, activation and proliferation. (Via voltage-gated calcium channels supplying calcium ions for the maintenance of T lymphocytes)

**Recommended Daily Intake & Label Instruction(s):**

**Product Code: VM55**

5 060707 410057

B.No:010520IK  
BBE: 05/2023  
A PRODUCT OF EDIBERYL LTD  
London, U.K.  
ediberyl.co.uk  
ediberyl@business.site

Serving Size: 1 Cap/Tab	Amount	%NRV
Vitamin-C (L-Ascorbic Acid in Capsule(m))	500 mg	625
Vitamin-D3-5000IU (Vitamin D3 in Capsule(s))	120 µg	2500
Calcium	300 mg	131
Magnesium	150 mg	140*
(*This amount of Mg may cause mild stomach upset in sensitive individuals)		
Zinc	5 mg	150
(Calcium+Magnesium+Zinc in Tablets)		

Strong immune booster for daily maintenance.

Mg is needed for Vitamin-D3 absorption & also for hormonal, blood & normal immune system maintenance.

Beneficial for Skin, Metabolism, Psychological health & Overall IMMUNITY.

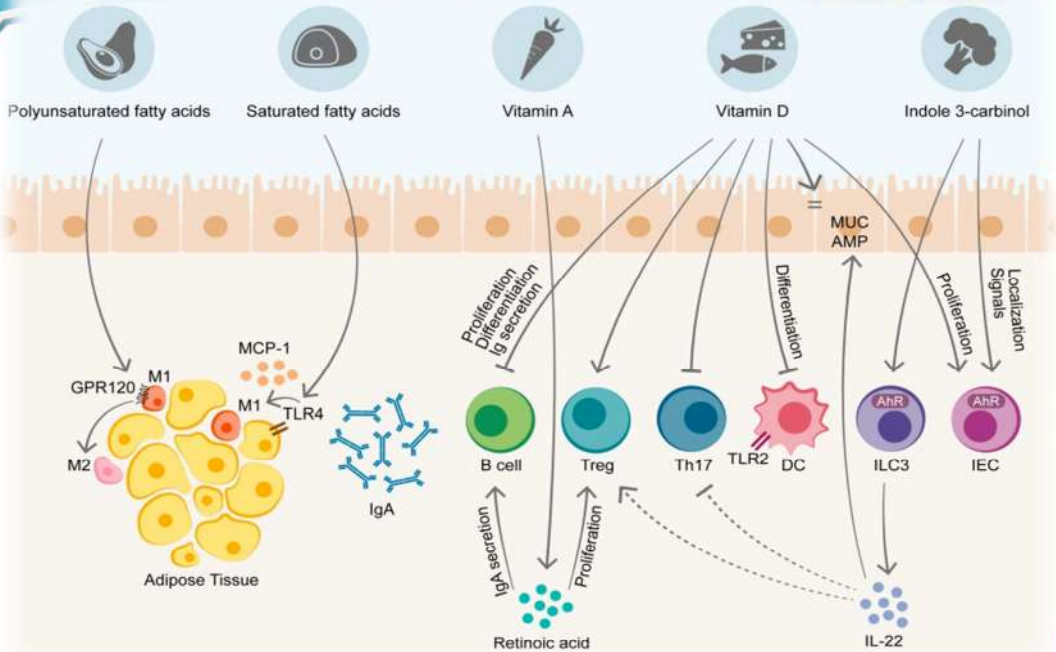
**Immune-Knight**  
THRICE - A - DAY  
90 - Tablets & Capsules  
Food Supplement

**Suggested Use:**  
As a food supplement for adults, take a Vitamin-C 500mg capsule (large) in morning, a Vitamin-D 5000IU capsule (small) post-prandial afternoon & Calcium-Magnesium-Zinc tablet in evening hours. Seek professional advice for more information on dose. Do not use if seal is broken. Store under 25°C.

**Caution:**  
Keep out of sight & reach of children. If you are pregnant or breast feeding, please consult your GP before use. Discontinue use & consult a doctor if adverse reaction occurs. Store in a cool, dry place, out of direct sunlight. These ingredients may vary slightly in appearance or colour, this will not affect the quality of product. This product should not be used as a substitute for a varied & balanced diet or a healthy lifestyle. This product is suitable for Vegans & Vegetarians. This product is not intended to diagnose, treat, cure, or prevent any disease. Free from Sugar, Salt, Dairy, Yeast, GMO, Wheat, Nuts, Lactose, Artificial Colours, Preservatives & Flavours. For allergens see ingredients in bold.



# Immunity, Stages of Life & Dietary Elements in Its Metabolism



	PREGNANCY / EMBRYONIC LIFE	INFANCY	ADULT	ELDERLY
<b>Physiologic Conditions</b>				
<b>Immunity</b>	<ul style="list-style-type: none"> <li><b>Mother (3rd Trimester):</b> IFN-<math>\gamma</math>, IL-2, IL-6, TNF-<math>\alpha</math> <math>\uparrow</math></li> </ul>	<ul style="list-style-type: none"> <li><b>Infant:</b> - Ig production - Inflammation <math>\downarrow</math> - Healthy Microbiome</li> <li><b>Milk:</b> IL-1, TNF-<math>\alpha</math>, IL-6, IL-10, IL-18, MCP-1</li> </ul>	<ul style="list-style-type: none"> <li><b>Adipose tissue:</b> - Th2 cells - Tregs, eosinophils, M2 M<math>\phi</math> IL-10, IL-4, IL-13</li> </ul>	<ul style="list-style-type: none"> <li>TNF-<math>\alpha</math>, IL-6 <math>\uparrow</math> <math>\Rightarrow</math> NF-<math>\kappa</math>B <math>\uparrow</math></li> <li>NLRP3 inflammasome activation, autophagy <math>\downarrow</math> HPA <math>\uparrow</math>, Cortisol <math>\uparrow</math></li> </ul>
<b>Metabolism</b>		Weight gain, bone maturation Liver, muscle, brain metabolism Insulin sensitivity	Insulin sensitivity	Insulin resistance, atherosclerosis
<b>Pathologic Conditions</b>				
<b>Immunity</b>	<ul style="list-style-type: none"> <li><b>Mother:</b> - CRP, IL-6 <math>\uparrow</math></li> <li><b>Adipose tissue:</b> CD68+ M<math>\phi</math>, TNF-<math>\alpha</math>, IL-6, IL-18</li> <li><b>Placenta:</b> - TLR4 <math>\uparrow</math> - IL-1<math>\beta</math>, IL-6, IL-8, MCP-1, CXCR-2 <math>\uparrow</math></li> <li><b>Embryo:</b> - IL-1, TNF-<math>\alpha</math>, IL-6 <math>\uparrow</math></li> <li><b>Adipose tissue:</b> CD68+ M<math>\phi</math>, TNF-<math>\alpha</math> <math>\uparrow</math>, CCR2 <math>\uparrow</math>, GLUT-4 <math>\downarrow</math></li> <li><b>Liver:</b> Hepatic steatosis, lipogenesis <math>\uparrow</math>, FFA oxidation <math>\downarrow</math>, ROS <math>\uparrow</math>, altered hepatic immunity</li> </ul>	<ul style="list-style-type: none"> <li>Inflammation <math>\uparrow</math></li> <li>CD163 <math>\uparrow</math>, INKT <math>\downarrow</math>, TNF-<math>\alpha</math> <math>\uparrow</math>, IL-8 <math>\uparrow</math>, IgG <math>\uparrow</math>, IgA <math>\uparrow</math></li> <li><b>Adipose tissue:</b> - TLR <math>\uparrow</math> - Leptin <math>\uparrow</math>, adiponectin <math>\downarrow</math></li> <li>HPA activation, microglia</li> <li>Hypothalamic TLR4, IL-6, NF-<math>\kappa</math>B <math>\uparrow</math></li> <li><b>Milk:</b> TGF-<math>\beta</math>2 <math>\downarrow</math>, sCD14 <math>\downarrow</math>, IL-8 <math>\downarrow</math></li> </ul>	<ul style="list-style-type: none"> <li>TNF-<math>\alpha</math>, IL-6, IL-1<math>\beta</math>, CCL2, CRP <math>\uparrow</math> <math>\Rightarrow</math> NF-<math>\kappa</math>B <math>\uparrow</math>, JNK <math>\uparrow</math></li> <li><b>Adipose tissue:</b> - ATM <math>\uparrow</math> - MCP-1, LTB4 <math>\uparrow</math>, M1 M<math>\phi</math> <math>\uparrow</math>, Tregs <math>\downarrow</math>, T<math>\beta</math>1 <math>\uparrow</math>, B cells <math>\uparrow</math>, mast cells <math>\uparrow</math>, eosinophils <math>\downarrow</math> - IL-4 <math>\downarrow</math></li> <li>Adiponectin <math>\downarrow</math>, leptin <math>\uparrow</math>, lipolysis <math>\uparrow</math>, FFA <math>\uparrow</math>, TG synthesis <math>\downarrow</math></li> </ul>	<ul style="list-style-type: none"> <li>TNF-<math>\alpha</math> <math>\uparrow</math>, IL-6 <math>\uparrow</math>, IL-8 <math>\uparrow</math>, CRP <math>\uparrow</math></li> </ul>
<b>Metabolism</b>	Childhood obesity, HTN, insulin resistance, T2DM	Insulin resistance	Insulin resistance	Sarcopenia

**Warnings and Cautions:**

- Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.
- Please seek professional advice before taking this supplement if you are on prescribed medication.
- Don't use after the expiry date.



**Storage Precautions:** PROTECT FROM DIRECT SUNLIGHT. STORE IN A COOL, DRY PLACE OUT OF SIGHT AND REACH OF CHILDREN

**Additional recommended products to support the HEALTH systems of our body.**





**Recommended Use:** Take 01/03 capsule daily with water.

**Disclaimer:** The product is not intended to diagnose, treat, cure or prevent any disease. The statements on this label imply about nutrition & not any medicinal properties or use.

**Allergy Warning:** Ingredients list: Produced in facility that handles milk, soy, nuts, egg, gluten & products thereof.

Suitable for vegetarian & vegan.



Product of UNITED KINGDOM



## Turmeric Ginger Blackpepper

Food Supplement  
60 Capsules

### Nutrition Information

Serving Size: 01 Capsule		
Servings per container: 60		
Each capsule provides	%NRV/**	
Turmeric	650mg	---
Ginger	50mg	---
Black Pepper	10mg	---

NRV - Nutrient Reference Value  
 \* No NRV Established  
 †Others: Baking Agent & Anti Caking agent.

**Warning/ Caution:**  
 Product must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. Not for use by pregnant/lactating women or allergic. Do consult doctor if on any prescription. Not for below 18 age. Keep out of children. Store in cool, dry place.



**EDI BERYL LTD, London: [ediberyl.co.uk](http://ediberyl.co.uk) / [ediberyl.business.site](http://ediberyl.business.site); These products are not intended to diagnose, treat, cure or prevent any disease. Consult your primary healthcare physician before using any supplements or making any changes to your regime.**