



Survive & Thrive Supplements: **BOGO Special**

Cold and flu season has arrived! We all need to keep our bodies healthy and strong to fight off illness. ITG Survive & Thrive (S&T) wants to help you stay healthy this season by offering a **BOGO Special** on all S&T Supplements. Order any S&T supplement and you will receive another supplement of your choice of equal or lesser value free. No code required, simply write in your Order Notes which supplement you would like for **FREE!**

Choose from any of the following supplements and get started on your path to staying healthy throughout the cold and flu season:

[B-100 Complex](#)

B Complex vitamins play an essential role in balancing the immune system. They help the body in so many ways: from converting carbohydrates and fat into energy, allowing oxygen to be used by the body, improving blood circulation, and maintaining proper brain function, healthy nerves, skin, and red blood cells.

[Vitamin C-1000](#)

One of the most popular vitamins to help fend off sickness is Vitamin C. It is a very popular dietary supplement due to its antioxidant properties that help maintain healthy tissue. It also helps the body absorb iron that your body needs to form blood vessels, cartilage, muscle, and collagen in bones. It is also vital to your body's healing process. It is supplemented to help reduce the symptoms of the common cold.

[Vitamin D3](#)

Getting adequate amounts of vitamin D and calcium can prevent or slow osteoporosis and reduce bone fractures. A growing body of research also suggests that maintaining healthy levels of vitamin D may reduce the risk of developing muscle pain and weakness, autoimmune diseases such as rheumatoid arthritis and multiple sclerosis, cardiovascular disease, and certain cancers. In addition, vitamin D deficiency appears to be a growing problem in the United States. As a result, supplemental vitamin D is commonly recommended for many people.

Note: Some may not be appropriate for people with certain health conditions. Be sure to talk with your healthcare provider before starting any supplements. 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.



Vitamin E-400

Vitamin E is known for its antioxidant properties. Antioxidants help to protect your body from damaging compounds called free radicals. Normally, free radicals form when your body converts food into energy. Supplementing with vitamin E is used to improve T-cell mediated immune function, which may boost the immune system.

Melatonin

The primary use of melatonin as a supplement is to normalize abnormal sleep patterns. Irregular sleep patterns are associated with a wide variety of health problems and premature aging. Melatonin is the hormone used by your body to help you fall asleep, and thus supplementation is seen as a way to get regular sleep. This is particularly useful for people who engage in shift work or are jet lagged.

Immune Support

Specially formulated to help support your immune system. This product is packed full of a wide variety of the vitamins and minerals you need to support your immune system all in one product. Contains Vitamin C, Vitamin E, Selenium, Graviola Leaf Powder, Green Tea, Turmeric Powder and more.

Selenium

Selenium an important antioxidant that promotes a healthy heart, prostate, and many other organs and systems throughout the body. It has antioxidant properties, which may help your body fight off illnesses. It also helps maintain the immune system and regulate thyroid function.

Zinc

Zinc plays a large role in boosting your immunity. It can help reduce the frequency of infections as well as the severity and duration of the common cold if taken within 24 hours of symptom onset.

“You can take all the supplements in the world to improve your immune system, and they may help, but if you don’t address your lifestyle, you likely will not make any real change.”

Dr. John DeCosmo, ITG Chief Medical Officer

Some of these supplements are NOT recommended for pregnant or nursing mothers, or children under 18 or anyone with underlying medical conditions without consulting your physician. (See individual products)

Note: Some may not be appropriate for people with certain health conditions. Be sure to talk with your healthcare provider before starting any supplements. 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.