

IMMUNE BOOSTER

Daily Defense, Plant-Powered!

Looking to build daily resilience and support your body's natural defenses? The Immune Booster is your go-to, plant-powered trio for strengthening immunity, calming inflammation, and fueling whole-body wellness - without synthetic ingredients or side effects.*

The Immune Booster is a simple, daily wellness ritual that nourishes your immune system from the inside out using time-honored herbs and botanicals. With soothing teas and a potent oil, it helps your body adapt to stress, fight off oxidative damage, and restore balance for better energy, clarity, and protection - naturally.*



BOOST YOUR IMMUNE SYSTEM NATURALLY

At the core of this immune-supporting system are four powerhouse products: Holy Basil to calm and strengthen, Soursop to energize and protect at the cellular level, Black Seed Oil to reduce inflammation and promote overall health, and Frankincense to support clarity, calm, and cellular wellness while grounding mind and body. Together, they form a synergistic protocol designed to elevate your vitality and help your body stay strong - day in and day out.*

Immune Health Starts with Hydration

Your immune system thrives on more than just nutrients - it needs hydration and herbal support. The Immune Booster pack hydrates, nourishes, and protects your body with natural, antioxidant-rich ingredients.

Hydration: Fluids circulate immune cells, flush toxins, and keep mucous membranes moist, supporting your body's first line of defense. Holy Basil and Soursop Fusion teas offer hydration with added immune benefits.

Inflammation Control: Black Seed Oil and adaptogens help regulate inflammation, easing stress on your immune system for better function.

Antioxidant Protection: Packed with antioxidants, the Immune Booster helps neutralize free radicals, reduce oxidative stress, and support long-term immune health.

In short, hydration and plant-powered nutrition keep your immune system strong, balanced, and ready to defend naturally.*

What's Inside & How It Works

HOLY BASIL TEA

Supports the immune system with powerful antioxidants and adaptogens. When consumed daily, it helps balance inflammation, protect cells, and promote overall wellness.*

BLACK SEED OIL

A potent source of antioxidants and essential fatty acids that support immune function, reduce inflammation, and promote overall health. Daily use helps balance the body and boost natural resilience.*



SOURSOP FUSION TEA

Rich in antioxidants that support immune health, cellular protection, and natural detoxification. Enjoyed daily, it helps promote overall vitality and wellness.*

FRANKINCENSE

Promotes clarity, balance, and whole-body vitality with one of nature's most treasured oils. Use daily to help calm stress, support immunity, and restore wellness from within.*

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The Importance Of Hydration

Staying properly hydrated is essential for overall health, and the benefits of increasing daily water intake are numerous. Water is not just about preventing dehydration—it's about replenishing the fluids in our body, ensuring our cells stay hydrated, and maintaining an alkaline balance in our blood. For optimal health and peak performance, it's crucial to understand that the body cannot store water. It requires a fresh supply every day to support nearly every metabolic process. So, making hydration a priority is not just beneficial, it's necessary for keeping the body functioning at its best.*

What Should We Drink?

Not all water provides the same level of hydration. The key to effective hydration is ensuring that what we drink truly supports the body's needs.*

When the body is chronically dehydrated, it loses the ability to absorb water properly. Even with fresh, pure water available, thirsty cells can struggle to take in the hydration they need.*

Drinking water or fluids that are enriched with plant-based vitamins, trace minerals, phytonutrients, chlorophyll, and increased alkalinity gives the body more to work with. This allows the body to break down the molecular structure of the water, enhancing hydration at the cellular level and providing essential nutrition. In stressful environments, cells become stiff and less able to absorb water, release toxins, or produce energy, which leads to further dehydration - creating a vicious cycle.*

Hydration Basics

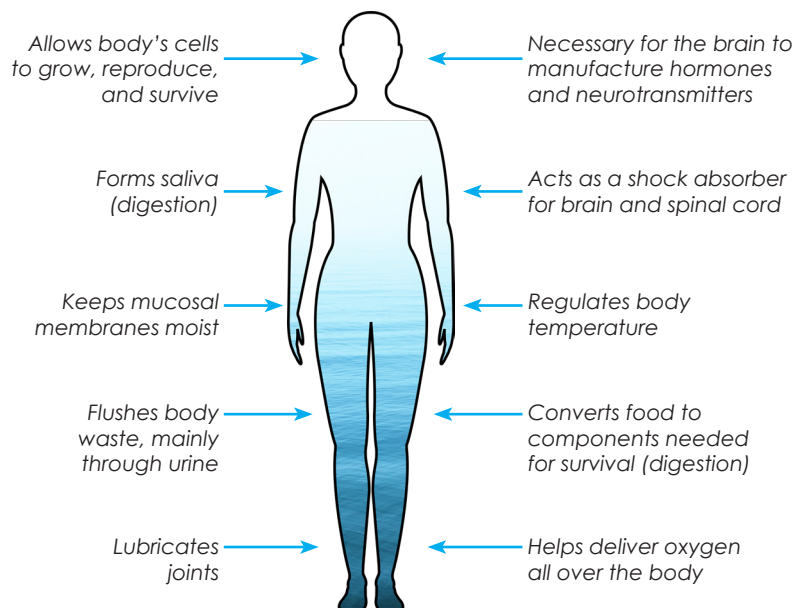
Hydration goes beyond just water - it's about consuming healthy, nutrient-rich liquids that promote healing and nourish your body. Ideally, these liquids should be plant-based, minimally processed, and packed with essential nutrients. Your cells are adept at recognizing anything unnatural, quickly flushing out harmful substances along with the water your body needs. In some cases, however, these "imposters" may be stored in your body, leading to potential harm and long-term issues.*

Hydrate to Heal

Staying hydrated is key to immune health, but not all hydration is equal. Here are simple ways to level up your hydration with powerful plant-based support from the Immune Booster pack.

GOOD HYDRATION
Water + Black Seed Oil - Supports hydration while delivering powerful antioxidant and anti-inflammatory benefits
BETTER HYDRATION
Holy Basil Tea + Black Seed Oil - Hydrates while helping your body manage stress and boost immune resilience
BEST HYDRATION
Holy Basil Tea and Soursop Fusion Tea with Black Seed Oil + Frankincense (in veggie capsules) - Hydrates and provides complete immune, detox, and cellular health support

What Water Does For You



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How Much Water Should We Drink??

One of the simplest and most effective ways to improve overall health is by replacing your body's fluids with clean water enhanced with plant-based nutrients, such as those found in HBN products.*

For optimal health and peak performance, it's recommended to replenish your body's fluids every 30 days. In the case of a diagnosis, experts suggest replenishing every 10 days or less.*

REPLACE YOUR Body Water

- IN 30 DAYS -

MAINTAIN	IMPROVE	DIAGNOSIS
8	16	32

Cups per day per 100 lbs of body weight

- IN 15 DAYS -

MAINTAIN	IMPROVE	DIAGNOSIS
16	32	64

Cups per day per 100 lbs of body weight

#HBNaturals

Daily Green Drink

- 1 Cucumber
- 2 Large Tomatoes
- 1 Large Avocado
- 1 Bag of Baby Spinach
- 2 tsp. Oil (hemp, flax, etc.)
- ½ cup Lemon or Lime Juice
- 1 tsp. Cayenne Pepper (optional)
- 2 tsp. Sea Salt
- Pure Water
- {4} 16 oz. Glass Containers

Dice the cucumber and quarter the tomatoes and avocado. Divide into four equal portions and place into your containers. Add ½ tsp. of oil, ½ tsp. of salt, and ¼ tsp. of cayenne to each container. Divide and add the spinach and lemon/lime juice to each container, and then top each with pure water to two-thirds full.

Cover with airtight lids and refrigerate up to 3 days. Puree with blender when ready to drink.

NOTE: Add supplements (e.g. Black Seed Oil) right before you puree and drink.



Did You Know??

- Urine & stool use water to carry waste/toxins out of the body.
- Water acts as a shock absorber for the brain & spinal cord.
- We lose water when we sweat.
- Blood is 55% water; it transports nutrients & oxygen to cells.
- Water is needed for proper digestion.
- Body fluids help lubricate joints and cushion organs & tissues.
- Muscle cells are 70-75% water.
- Fat cells are 10-15% water.
- You can't go 3 days without water.
- We function better when our blood is hydrated.
- We get water from foods and drinks we consume.
- The brain is 75% water; we think better when hydrated.

Daily Hydration Tracker

TIME	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							

IMMUNE BOOSTER

Incorporate the Immune Booster into your daily routine to naturally strengthen immune function, boost energy, and support overall wellness. This four-part system works together to enhance your body's defenses and build a resilient foundation for long-term health!*



Holy Basil Tea is a soothing, adaptogenic herbal blend traditionally used to help reduce stress, support immune function, and promote mental clarity. Rich in antioxidants, it helps restore balance in the body while calming the mind and supporting overall wellness.*

→ Mix 1 scoop with up to 8 ounces of warm water, or your favorite beverage, once or twice daily, or as directed by your healthcare professional.*



Soursop Fusion Tea is a refreshing blend packed with powerful antioxidants and nutrients known to support immune health, aid digestion, and promote cellular wellness. Its naturally soothing properties help the body fight oxidative stress while supporting overall vitality and well-being.*

→ Start with ¼ scoop, and gradually build to a full scoop. Mix in up to 8 ounces of water, smoothie, or your favorite beverage, once or twice daily, or as advised by your healthcare professional.*



Black Seed Oil is a potent, nutrient-rich supplement known for its powerful immune-supporting, anti-inflammatory, and antioxidant properties. Used for centuries to promote overall health, it helps balance the body, support respiratory function, and enhance natural defenses for lasting wellness.*

→ Shake well before each use. Start slowly with a low dose and gradually build up the dosage amount. Take by mouth.*



Frankincense is a revered essential oil, valued for its ability to calm the mind, support immunity, and promote balance while strengthening cellular health.*

→ Take 2-3 drops in a capsule with carrier oil once or twice daily to promote healthy cellular function.*

May also be applied directly to areas of concern to soothe discomfort, added to warm tea for internal support, or rubbed on the roof of the mouth to encourage wellness and ease inflammation.*

Keep the Momentum Going

To enhance your immune support and truly transform your health from the inside out, pair the Immune Booster protocol with small, intentional daily habits that support whole-body wellness. It's not about perfection - it's about consistency. Every choice you make builds on your progress.*

Here are a few simple ways to stay aligned with your wellness goals:

- **Move your body:** A short walk, light stretching, or dancing can boost circulation and keep your immune system active.*
- **Tune into your body:** Take a moment to breathe, slow down, and notice how your body feels throughout the day.*
- **Celebrate wins:** Track your energy, mood, and overall well-being, and give yourself credit for every step forward.*

This isn't just an immune support plan - it's a holistic approach to long-term health. Each day you stay committed, you're nurturing your body's resilience, restoring balance, and empowering yourself to thrive. You've got this and we're here cheering you on every step of the way.*

Black Seed Oil

mother nature's remedy



Black Seed oil (*Nigella sativa*), also known as Black Cumin or the "Blessed Seed," is a nutrient-rich oil known for its powerful health benefits. Its key compound, thymoquinone, offers antioxidant, anti-inflammatory, and immune-supporting properties. Used for centuries across many cultures, it supports digestion, respiratory health, balanced blood sugar, and skin wellness. Free of CBD and THC, it remains widely studied for its therapeutic potential.*



DIRECTIONS

- Shake well before each use. Start slowly with a low dose and gradually build up the dosage amount. Take by mouth.*

ADULTS

- Start with up to 10 drops once daily for 2 to 7 days.*
- Increase to 5 to 10 drops twice daily for 2 to 7 days.*
- Gradually build up to 10 to 20 drops twice daily.*

CHILDREN 12 & UP

- Start with 1 to 5 drops once daily for 2 to 7 days.*
- Increase to 2 to 5 drops twice daily for 2 to 7 days.*
- Gradually build up to 5 to 10 drops twice daily.*

CHILDREN 6 & UP

- Start with ½ to 2 drops once daily for 2 to 7 days.*
- Increase to 1 to 3 drops twice daily for 2 to 7 days.*
- Gradually build up to 1 to 3 drops twice daily.*

Nutrition Facts			Serving Size: 30 drops/1ml (1 full dropper)	Servings per container: 30
Amount per serving		12	Ingredients: Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil	
Calories			*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
	Amount Per Serving	% Daily Value	**Daily Value not established.	
Total Fat	1g	1%	Caution: If pregnant or nursing, consult your physician before using this or any other supplement. Keep out of reach of children.	
Calories From Fat	12		This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes.	
Linoleic Acid (Omega 6)	505mg	**		
Alpha Linoleic Acid (Omega 3)	235mg	**		
Oleic Acid (Omega 9)	190mg	**		
Total Carbohydrate	0g	0%		
Protein	0g	0%		

MEDICINAL CONSTITUENTS

- **Thymoquinone:** The primary active compound in Black Seed oil (*Nigella sativa*) is known for its powerful health benefits. It has been extensively studied for its antioxidant, anti-inflammatory, and immune-boosting properties, and shows promise in supporting respiratory health, blood sugar balance, and cellular protection.*

Clinical studies for Black Seed:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/>
- <https://pubmed.ncbi.nlm.nih.gov/29962349/>
- <https://pubmed.ncbi.nlm.nih.gov/27364039/>
- <https://pubmed.ncbi.nlm.nih.gov/37605475/>
- <https://pubmed.ncbi.nlm.nih.gov/36815641/>
- <https://pubmed.ncbi.nlm.nih.gov/31143688/>
- <https://pubmed.ncbi.nlm.nih.gov/25829334/>
- <https://pubmed.ncbi.nlm.nih.gov/34297870/>

CAUTIONS

- **Safety Group 2:** Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.*
- May increase the effect of anticoagulant drugs.
- Keep out of reach of children.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*

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Holy Basil (Tulsi) Tea

empower your body. boost immunity, lower cortisol.

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PRODUCT INFORMATION PAGE

Holy Basil (Tulsi) Tea is a revitalizing blend of Holy Basil, Marshmallow Root, Blessed Thistle, Senna Leaf, Papaya, and Ginger Root, designed to support digestion, immunity, and overall well-being. Holy Basil manages stress, while Papaya and Ginger Root aid digestion and reduce inflammation. Blessed Thistle supports liver function, and Senna Leaf provides gentle detoxification. Packed with antioxidants, this tea helps balance blood sugar, combat oxidative stress, and promote vitality in every sip.*



DIRECTIONS

- Mix 1 scoop with up to 8 ounces of warm water, or your favorite beverage, once or twice daily, or as directed by your healthcare professional.*

MEDICINAL CONSTITUENTS

- **Eugenol:** A natural compound that offers anti-inflammatory, antioxidant, and antimicrobial benefits, supporting immunity, reducing inflammation, and promoting oral health.*
- **Ursolic acid:** A natural compound known for its powerful health benefits, including reducing inflammation, fighting tumors, and combating viruses.*
- **Caryophyllene:** A sesquiterpene hydrocarbon found in Holy Basil leaf oil that contributes to its calming and anti-inflammatory properties, supporting stress relief and overall wellness.*
- **Phenolic compounds:** Holy Basil's fresh leaves and stems are rich in antioxidants such as cirsilineol, circimaritin, isothymusin, apigenin, and rosmarinic acid, which help protect the body from oxidative stress and support overall health.*
- **Cnicin:** The main compound in Blessed Thistle, cnicin, gives the plant its bitter taste and supports digestion by stimulating saliva and gastric acid production.*
- **Polyacetylenes:** Natural compounds known for their potential to help the body fight bacterial infections. Additionally, these compounds may support the immune system, reduce inflammation, and promote overall health.*
- **Sennosides:** The primary chemical constituents of senna leaves are anthraquinone glycosides, specifically known as sennosides (sennosides A and B), which are responsible for its laxative effect; these are derived from the anthraquinone aglycones rhein and aloe-emodin.*

Clinical studies for Holy Basil (Tulsi) Tea ingredients:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC4296439/>
- <https://pubmed.ncbi.nlm.nih.gov/36770859/>
- <https://pubmed.ncbi.nlm.nih.gov/12677537/>
- <https://pubmed.ncbi.nlm.nih.gov/38718639/>
- <https://pubmed.ncbi.nlm.nih.gov/36644449/>
- <https://pubmed.ncbi.nlm.nih.gov/36080355/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC8066973/>
- <https://pubmed.ncbi.nlm.nih.gov/31315213/>

INGREDIENTS

Ocimum tenuiflorum (Holy Basil), Althaea officinalis (Marshmallow) Root, Cnicus benedictus (Blessed Thistle), Cassia angustifolia (Senna) Leaf, Carica papaya (Papaya) Fruit Extract, Zingiber officinale (Ginger) Root

CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.*
- Holy Basil (Tulsi) Tea may modify glucose regulation.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Keep out of reach of children and pets.*

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Soursop Fusion Tea

nature's powerhouse for vitality & wellness

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PRODUCT INFORMATION PAGE

Soursop Fusion Tea is a powerful blend of nutrient-rich ingredients for health, balance, and vitality. Soursop delivers antioxidants to fight free radicals and boost immunity, while astragalus strengthens resilience and supports heart health. Infused with turmeric for anti-inflammatory support, ginseng for energy and focus, and camu camu for a vitamin C boost, this tea is more than just a drink - it's a daily ritual for wellness and renewal.*



DIRECTIONS

- Start with ¼ scoop, and gradually build to a full scoop. Mix in up to 8 ounces of water, smoothie, or your favorite beverage, once or twice daily, or as advised by your healthcare professional.*

MEDICINAL CONSTITUENTS

- **Acetogenins:** These naturally occurring compounds found in plants like soursop are known for their powerful health benefits. They are celebrated for their potential to support cellular health by targeting abnormal cells, promoting a healthy inflammatory response, and providing antioxidant protection. Additionally, acetogenins may aid in boosting immunity and supporting overall well-being, making them a valuable addition to a balanced lifestyle.*
- **Alkaloids:** Naturally occurring compounds found in many plants, known for their diverse health benefits. They exhibit powerful properties such as reducing inflammation, supporting immune function, and promoting pain relief. Additionally, alkaloids can help protect against infections, support cardiovascular health, and improve overall well-being, making them vital components of various traditional and modern health practices.*
- **Flavonoids:** These natural compounds found in fruits, vegetables, and herbs, are celebrated for their powerful health benefits. They are rich in antioxidants, helping to combat oxidative stress and support heart health. Flavonoids have anti-inflammatory properties, boost immune function, and promote brain health. These versatile compounds play a vital role in protecting against chronic diseases and supporting overall health and well-being.*
- **Polysaccharides:** These complex carbohydrates are found in foods like mushrooms, seaweed, and plants, and offer numerous health benefits. They support immune function by enhancing the body's natural defenses, promote gut health by acting as prebiotics, and provide sustained energy. Additionally, polysaccharides have antioxidant and anti-inflammatory properties, helping to protect cells and support overall well-being.*

Clinical studies for Soursop Fusion Tea ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8878098/>
- <https://pubmed.ncbi.nlm.nih.gov/26184167/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7105737/>
- <https://pubmed.ncbi.nlm.nih.gov/38659573/>
- <https://www.ncbi.nlm.nih.gov/books/NBK67758/>
- <https://pubmed.ncbi.nlm.nih.gov/21154383/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC3535097/>
- <https://pubmed.ncbi.nlm.nih.gov/19594223/>

INGREDIENTS

Organic Annona muricata (Graviola) (Soursop) Leaf Powder, Organic Astragalus membranaceus (Astragalus) Root Powder, Organic Panax quinquefolius L. (Ginseng) Root Powder, Organic Curcuma longa (Turmeric) Root Powder, Organic Myrciaria dubia (Camu Camu) Fruit Powder

CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Keep out of reach of children and pets.*

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FRANKINCENSE

boswellia carteri

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PRODUCT INFORMATION PAGE

Frankincense Essential Oil has been treasured for thousands of years as one of the most sacred and versatile oils, valued for its grounding aroma and remarkable wellness benefits. Steam-distilled from the resin of the Boswellia tree, this oil supports cellular health, immune defense, and emotional balance. Known to ease stress and promote clarity, Frankincense is also used to encourage healthy skin and reduce the appearance of imperfections. When properly diluted with a carrier oil, it can be applied topically, inhaled to promote relaxation, or diffused to create a calming atmosphere that nurtures both mind and spirit.*



DIRECTIONS

- Apply 1–2 drops directly to areas of concern to soothe discomfort, add a few drops to warm tea for internal support, or place a single drop on the roof of the mouth to encourage wellness and ease inflammation.*
- Take 2-3 drops in a capsule with carrier oil once or twice daily to promote healthy cellular function.*
- Add 10 drops to bath salts and mix into warm water for a grounding, restorative soak.*
- Diffuse or apply to the soles of the feet to encourage relaxation, balance, and emotional calm.*

SUPPLEMENT FACTS	
Serving Size: 1 drop Servings Per Container: About 200	
AMOUNT PER SERVING	%DV
Frankincense 60mg	**
Boswellia carteri from Somalia, steam distilled from resin	
**Daily Value (DV) Not Established	

Caution: Keep out of reach of children. This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease. Do not use while driving or operating machinery. Do not use during pregnancy. Store in a cool, dark place.

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MEDICINAL CONSTITUENTS

- **α -pinene & Limonene:** These primary active compounds in frankincense are valued for their antioxidant, anti-inflammatory, and immune-supporting properties. They contribute to frankincense's ability to promote respiratory health, ease stress, and support overall cellular wellness.*

Clinical studies for Frankincense:

- <https://pubmed.ncbi.nlm.nih.gov/27117114/>
- <https://pubmed.ncbi.nlm.nih.gov/12244881/>
- <https://pubmed.ncbi.nlm.nih.gov/20696559/>
- <https://pubmed.ncbi.nlm.nih.gov/37334022/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9268443/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10735031/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9308809/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9332498/>

CAUTIONS

- **Safety Group 2:** Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.*
- Keep out of reach of children and pets.*
- Store away from sunlight, at room temperature, with the lid securely tightened.*

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