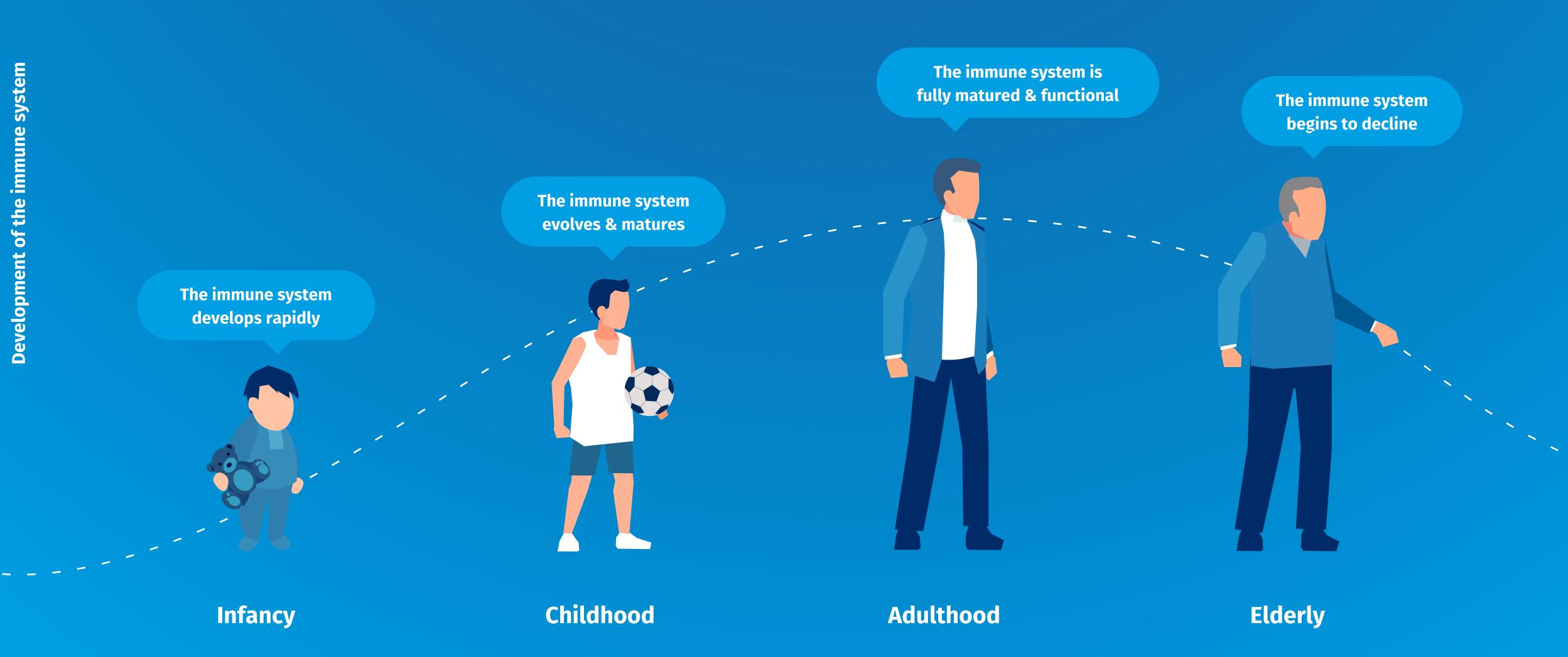
Support your immunity

A story about how nutrients support your health and well-being

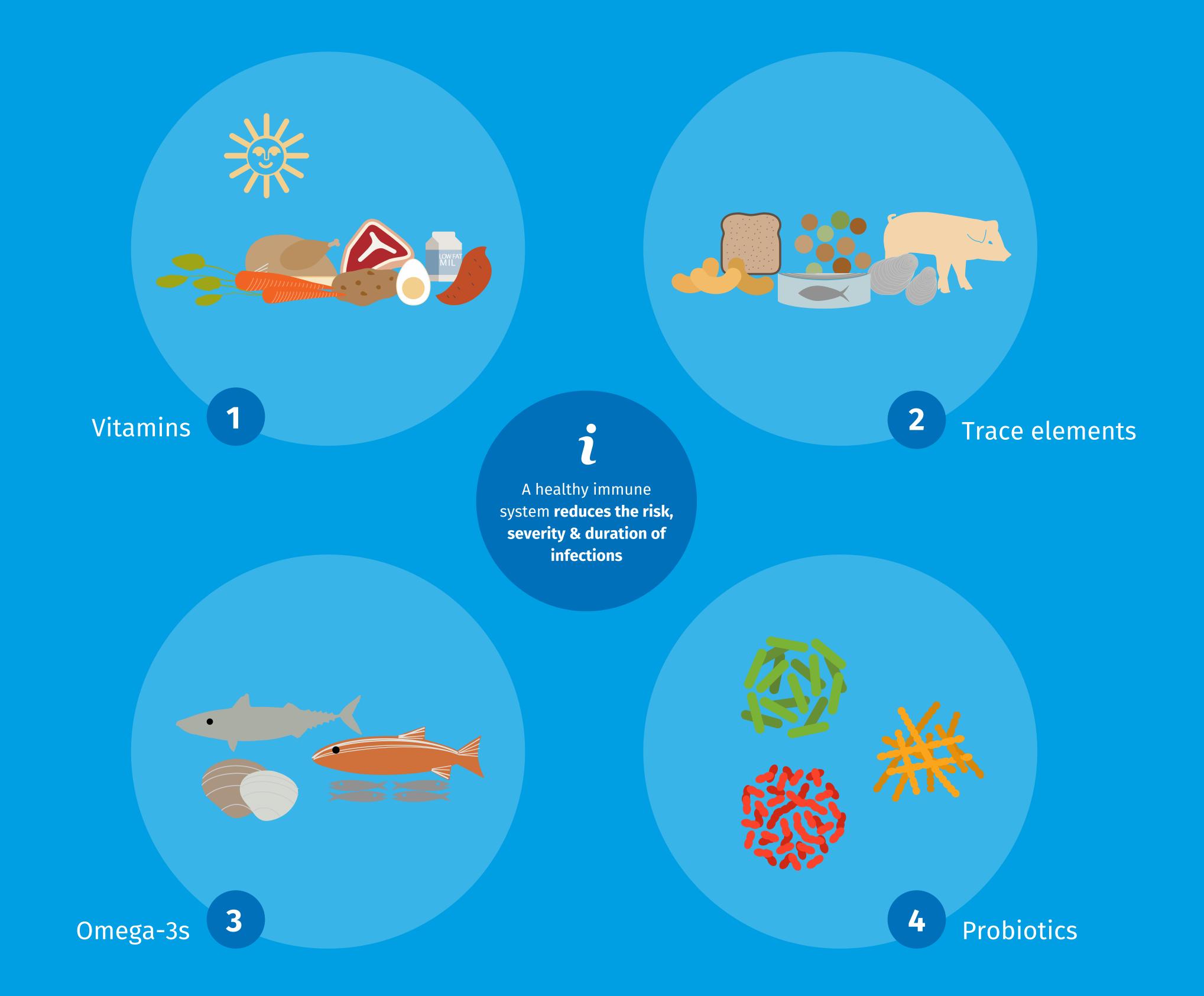


The immune system is immature at birth, but **develops rapidly**. Impaired development of the immune system in infancy can have a major impact on immune function later in life

The immune system **evolves and matures** following exposure to viruses and other harmful substances during childhood. Vaccination supports optimized immune responses The immune system is **fully matured** and functional. In adulthood, the body can react quickly and efficiently as a result of previous exposure to viruses, allergens and vaccinations

The immune system **begins to decline**. Senior adults are exposed to an increased risk of infections and allergies

Ideally, the nutrients needed to support your immune system come from a **well-balanced diet** that provides:

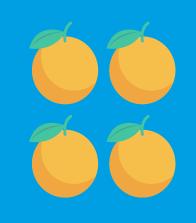


It's often hard to achieve a truly well-balanced diet and that's where **nutritional supplements** come in.

For example, dietary sources of vitamin D are limited and synthesis in the skin is affected by season, climate, skin color, avoidance of sun exposure.

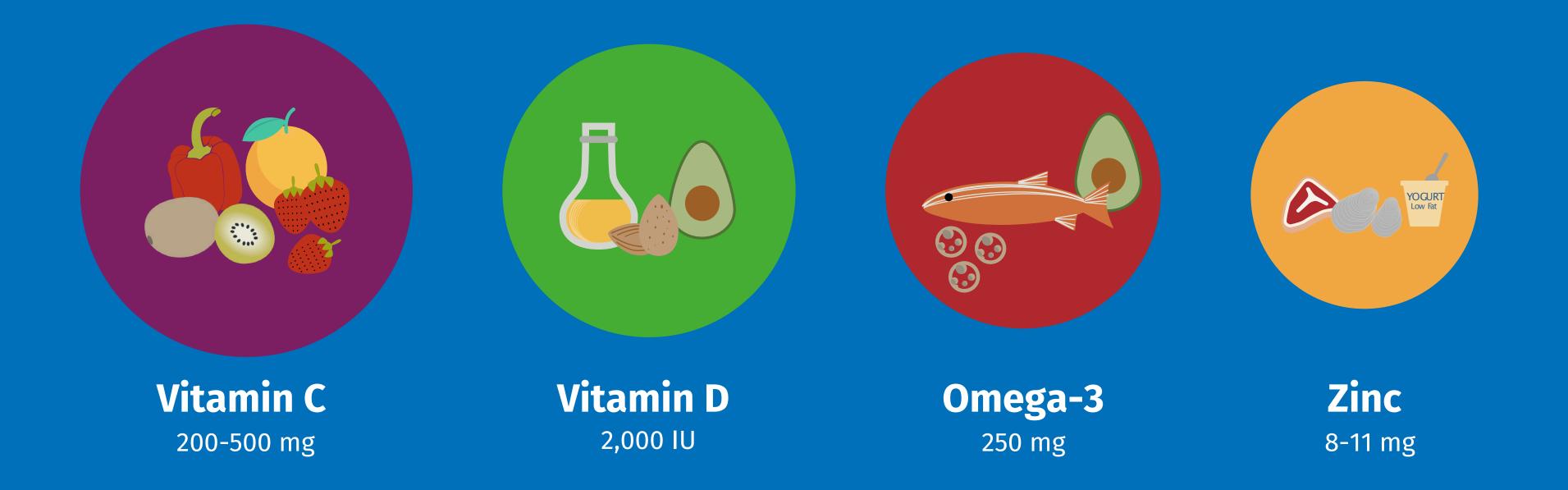


An orange contains about 53 mg vitamin C. To reach the recommended intake of at least 200 mg one would have to consume 4 oranges per day!



To complement your diet and eliminate potential

nutrient shortfalls, experts recommend the following daily nutrient intake:



References

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