Support your immunity

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

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

1. Vitamins
2. Trace elements
3. Omega-3s
4. Probiotics

To complement your diet and eliminate potential nutrient shortfalls, experts recommend the following daily nutrient intake:

- **Vitamin C**: 200-500 mg
- **Vitamin D**: 200-500 IU
- **Omega-3**: 2,000 mg
- **Zinc**: 8-11 mg

References

World Health Organization Influenza (Seasonal). Available online: https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal)

Calder et al, ‘Optimal Nutritional Status for a Well-Functioning Immune System is an Important Factor to Protect Against Viral Infections’, Preprints 2020, 2020030199.


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