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

2. **Trace elements**
   - 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!

3. **Omega-3s**
   - It’s often hard to achieve a truly well-balanced diet and that’s where nutritional supplements come in.

4. **Probiotics**
   - For example, dietary sources of omega-3 are rich in fish and nuts, and vitamin D is synthesized in the skin when exposed to sunlight.

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

- **Vitamin C** 200-500 mg
- **Vitamin D** 8-11 mg
- **Omega-3** 2,000 IU
- **Zinc** 250 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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