

Supporting your immune system

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LOOKING after our immune system is just as important in summer as in winter, especially in these times when we all want to protect our health. A strong and healthy immune system can help to reduce the risk of infection and ease symptoms. But its strength may be compromised, whether due to a deficiency of vitamins D, C, B12, zinc, selenium, magnesium and antioxidants, use of antibiotics, poor diet and gut health or regular use of stimulants, such as cigarettes, alcohol and caffeine. Those who want to boost their immunity or minimise the length or frequency of colds and flu and other viral and bacterial infections, may find they benefit from taking a daily supplement rich in vitamin C and zinc. This latter supports cells from oxidative stress and contributes to the normal function of the immune system and nervous system, normal cognitive function and normal DNA synthesis. Ingredients including Rutin (Vitamin P), Astragalus, Quercetin, Propolis and Maitake Mushroom are also worth exploring as immune system stimulators. And you may find that taking vitamin D and magnesium in addition works well for you.