## Common mistake people make when taking vitamins

## Tips to boost your immunity

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Not all days are created equal. Some are so hectic that we can only take a break for meals and coffee. On other days, we have to accomplish tasks and meet or work with other people. There are also days when we don't feel well at all.



It makes sense that the supplements we take should match the kind of day we are about to have. Our household has always been partial to effervescent vitamins, specifically Berocca. The green tube is part of our traveling kit, as we know we need an extra boost of energy to go through the day.

We take it in the morning with breakfast like orange juice. There are days when we skip it, especially when it's the weekend or when we feel that physical activities are limited.

We also used a different vitamin brand when our family contracted COVID-19. That brand was frequently out of stock during the surge last year. We needed multivitamins that came with vitamin D. Thus, we let go of our effervescent morning beverage to increase our immunity for our recovery.

This is where Redoxon comes in. Redoxon is an effervescent vitamin presented as an alternative brand for the days when you need a boost in your immune system. The main components are ascorbic acid, zinc and cholecalciferol (vitamin D).

Defend the immune system

The brand has been in the market for 80 years, but was only made available recently in the country. It is one of the preferred vitamins in Singapore.

One common mistake that most people make is to take vitamins only to increase their immunity when they are already feeling symptoms. Dr. Leah Manio, Bayer Philippines consumer health medical lead, said that this should not be the case. Supplements should be taken to

strengthen the immunity against sickness all the time.

"There are a lot of factors that will affect your immunity. It can be lifestyle factors like stress, intense workout, poor diet and even aging. There are also environmental factors like weather changes, being in a crowded place, having a highrisk occupation, taking care of others or even aging," Manio said. She continued that the body

has a natural defense system that prevents sickness. Food plays an important role in providing the nutrients needed by the body. Manio said that our body does not produce vitamin C, hence it is necessary to include fruits and vegetables to get 1,000 mg of vitamin C. That's equivalent to 20 oranges a day.

"In the era when we have on-the-go fast and precooked meals, it's very challenging to get adequate nutrition, so we actually need vitamins and minerals to fully support the immune system," Manio said. Self-love

Sunlight also gives vitamin D. Some lifestyles hinder a person from getting the vitamin D that the body needs, according to Manio. Work or pollution can keep you indoors.

Another way to improve the immune system is getting rid of bad habits. Smoking and excessive alcohol intake should be avoided.

Self-love is also a way to increase immunity. Manio encourages warm baths, yoga or exercises to combat stress. Essentially, anything that could cultivate a healthy mindset will increase your immunity. Actor-host Mikael Daez and his wife, former Miss World Megan Young, shared their routine on how they keep stress at bay.

"We try to take care of ourselves physically, mentally and emotionally in the morning. And that starts with maybe a nice cup of coffee and relaxing. Of course, make sure that the food you eat for breakfast is very good," said Daez.

He said that he and Young have also developed teamwork, wherein they encourage each other to slow down.

"If I see that Megan is stressed, I tell her, okay, you have to take a step back and relax. Maybe I make her a cup of coffee or a snack just to give her something to help her decompress and unwind," he said. Young says they also analyze the situation causing the stress. Exercise was also a constant, even when gyms were closed.

"YouTube videos really helped us. We dedicated time to exercise. We tried out different things; there are some video games where you can exercise," said Young. She said that ever since their mornings became more active, they no longer feel sluggish.