



IMMUNE BOOSTING NUTRIENTS

NUTRIENT	DESCRIPTION	FOODS
Vitamin C	Vitamin C is needed for; <ul style="list-style-type: none">- Leucocyte function. These help the body fight infection and other diseases- Macrophage function. These are specialised cells involved in the detection and destruction of bacteria and other harmful organisms- Antimicrobial activity	Red capsicum, kiwi fruit, Brussel sprouts, strawberries and oranges (organic). HOT TIP: If supplementing with Vitamin C it is best absorbed in amounts no higher than 250mg at a time.
Zinc	Deficiency in zinc is clinically related to a reduced function of Lymphocytes, these lymphocytes (B and T cells) are responsible for supporting our bodies effective immune response to viral infections.	Oysters, adzuki beans, pumpkin seeds, whey protein, sunflower seeds, black beans, Swisse cheese,
Quercetin	Quercetin is a flavonoid (phytonutrients, plant chemicals) that has Anti-inflammatory properties, is a powerful antioxidant, supports absorption of zinc and has its own immune system support properties.	Capers, red onion, shallots, red apples, grapes, berries, cherries, scallions, kale, tomatoes, almonds, pistachios, asparagus, green tea.
Vitamin D	Improves the innate immune system (our first line of defence to pathogens) this enhancing our bodies natural immune response to bacteria and viruses.	Minimal amounts are available from food, however these foods are known to contain some vitamin D; Cod liver oil, Salmon, Swordfish, Tuna fish, Orange juice fortified with vitamin D, Dairy and plant milks fortified with vitamin D, Sardines, Beef liver, Egg yolk, Fortified cereals. For our Vegetarians and Vegans, mushrooms that have been exposed to UV light can contain levels of Vitamin D.
Probiotics	Have been found to initiate the immune responses of macrophages and lymphocytes.	Fresh sauerkraut, tempeh, miso, kefir, kombucha,