

## Is your Immune System Performing at its Best?

As cold and flu season approaches, it is important to be sure your immune system is as strong as possible. The immune system is a multifaceted, complex system that protects the body from internal and external foreign substances, to restore normal function. Maintaining immune health requires a comprehensive plan that includes proper diet, rest, stress reduction, exercise, and nutritional supplement support.



Taking control of your health and wellness and understanding how your actions affect your immune system is the first step. Even when eating a well-balanced diet, most people still do not receive enough vitamins or nutrients the body needs to have a high functioning immune system. When considering which supplement you need, you want to look to an expert you can trust. Our pharmacist can discuss your unique needs to help you determine which supplements could provide you with the most benefit.

**Below are some common immune boosting supplements we commonly recommend.**

### Probiotics

The center of immune health is the gut. An unhealthy, inflamed gut weakens the immune system. When the gut is inflamed, has overgrown or unbalanced bacteria, or is fed unhealthy foods, the risk of contracting an infection is increased. When the immune system is fighting inflammation of the gut, it is less equipped to fight other substances that come in contact with the body. Improve your gut health with diet modifications and a quality, broad-spectrum probiotic. Many scientific studies support the use of probiotics in boosting human immunity.  
<https://pubmed.ncbi.nlm.nih.gov/33083549/>

### Vitamin D

Vitamin D plays an important role in immunity and immune response. Vitamin D is naturally obtained through diet and exposure to sunlight. The body makes vitamin D by converting vitamin D<sub>2</sub> to D<sub>3</sub>. When adequate amounts of vitamin D are not obtained, a quality supplement should be considered. Studies have found that vitamin D<sub>3</sub> is the preferable supplement form, as it has been found to maintain active vitamin D levels for a longer period of time.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/>

### Vitamin C

Vitamin C or L-ascorbic acid or L-ascorbate is an essential nutrient that is not produced by the human body. It must be obtained from foods such as citrus fruits, peppers, spinach, and broccoli. Vitamin C acts as an antioxidant by protecting the body against free radical damage and is a cofactor in several enzymatic reactions.

### Zinc

The body needs zinc to activate T cells. T cells are immune cells that regulate immune response

and attack infected cells. Studies have shown zinc to reduce the severity of illness, decrease a virus's ability to replicate, and may help decrease the risk of lung infections.

<https://pubmed.ncbi.nlm.nih.gov/32319538/>

### Quercetin

Quercetin can be found in vegetables, such as onions, broccoli, apples, berries, and grapes. It is a flavonoid with anti-inflammatory and antioxidant properties. Quercetin has been shown to support respiratory health, decrease allergy symptoms, and support the function of zinc in immunity.

<https://pubmed.ncbi.nlm.nih.gov/27187333/>

### Melatonin

Melatonin has been used by many to support healthy sleep habits. Studies have also found that melatonin is an immunostimulant with anti-inflammatory properties. Melatonin should only be taken at bedtime.

<https://pubmed.ncbi.nlm.nih.gov/23609496/>

*When considering supplements to maintain or boost immunity, discuss your full health profile with your medical practitioner and our pharmacist. Our pharmacist carefully selects the supplements we carry to ensure the highest quality is available to you and your family. Let us know how we can help!*

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