

## **Vitamin A**

- Critical to a competent immune system
- Increases infection resistance and assists with many defence mechanisms (when balanced with Vitamin D)
- Activates B&T lymphocytes and enhances antibody production
- Builds and preserves the integrity of skin and its membranes, which is our first line of protection against bacteria and viruses.
- Sources: Arctic Cod Liver oil, deep orange vegetables and fruits (apricots, carrots, papaya, pumpkin, sweet potato, tomato and yams, as well as broccoli, turnips, leafy greens, seaweed and prunes).

## **Vitamin D**

- Intimately involved in activating T&B lymphocytes antibody expression in all cells, during the active stage of infection and inflammation
- Activates the dendritic cells required for immune-surveillance and immune-modulation.
- Sources: Sun wise morning sunshine 15mins day, Cod liver oil, Eggs, Mushrooms

## **Selenium**

- Essential trace element for human biochemical health
- Antioxidant defence mechanism and regulation of glutathione.
- Glutathione is vital for both the extra and intra cellular immune function and has been shown to block replication of viruses.
- Source: Brazil nuts (2-4 daily)

## **N-acetylcysteine (NAC)**

- Key rate-limiting precursor to the production of the most powerful antioxidant Glutathione (along with selenium).
- Antioxidant, anti-inflammatory and T-Cell regulator
- A powerful mucolytic used therapeutically for chronic respiratory support in relieving bronchial distress.
- Reduces the duration of virus activity.
- Sources: Supplementary form of Cysteine