

**Aim for a FOOD FIRST APPROACH to get the nutrients your body needs from food sources rather than supplements to avoid toxic amounts. Consult a health professional before using a supplement**

### Vitamin D

Helps facilitate normal immune system function



### Vitamin C

Acts as an anti-oxidant. Promotes wound healing & helps resist infections.



### Vitamin E

Anti-oxidant



Which nutrients are important for immunity?

### Quercetin

Stimulates immune system



### Probiotics

Probiotic bacteria affect the activity of immune cells



### Essential fatty acids

Enhance immune response



R. Moore RD (SA) Z. Simjee RD (SA) National Teams' Dieticians