

## HEALTHY BODY, HEALTHY MIND Simple Steps for a Healthier You!

# Immune Boosting Nutrients

#### Vitamin B

Vitamin B promotes cell metabolism and increases energy levels. It also helps fight viruses and bacteria and prevent infections.

Black Bean, Tofu, Chicken, Avocado



#### Vitamin C

Vitaminc C is a powerful antioxidant that protects cells from free radicals and strengthens the body's natural defenses.

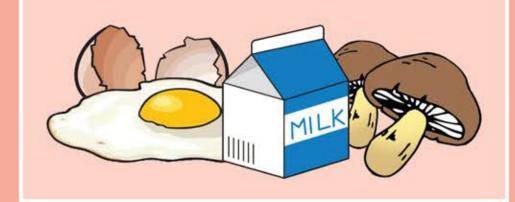
Citrus Fruit, Kiwi, Broccoli, Bell Pepper



#### Vitamin D

Vitamin D regulates absorption of calcium and phosphorus and supports normal growth and development of bones and teeth.

Mushroom, Milk, Egg Yolk



### Zinc

Zinc enhances immune functions and is critical for development and function of immune cells. It reduces oxidative stress which helps accelerate healing and lower risk of infections.

Oyster, Anchovy, Beef, Grains



#### Selenium

Selenium is an essential mineral that decreases oxidative stress which helps boost your immune system and prevent mental decline.

Brazil Nut, Chia Seed, Spinach, Garli

