



# HEALTHY BODY, HEALTHY MIND

## Simple Steps for a Healthier You!

### 5 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

Vitamin 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**

