

Supplements for Immune Health



We already know that eating healthy, staying active, and managing stress can help keep our immune system strong. But what if you are feeling extra stressed, getting sick often, or dealing with a cold that will not go away?

Here are some extra ways to support your immune system using vitamins, minerals, and various plants and herbs:

- 1. Vitamin C:** Helps your body fight off infections, especially in the lungs. It is great for colds and can even help with asthma.
Found in: Strawberries, oranges, broccoli, and leafy greens.
Tip: Vitamin C can also be taken as a supplement. Too high of a dose can cause diarrhea.
- 2. Zinc:** Zinc helps your immune cells grow and strengthens cell barriers to protect against pathogens.
Found in: Shellfish, chicken, beans, and lentils.
Tip: Zinc can also be taken as a supplement but should not be taken long term as too much zinc can lead to other mineral deficiencies. When supplementing zinc, start with a low dose to avoid nausea.
- 3. Vitamin D:** Helps strengthen our bones, boosts mood, and supports heart health and immune function. People living in Northern climates often do not get enough because it mostly gets made in the body from sunlight.
Tip: Take your vitamin D supplement with food that has healthy fats like nuts, avocado, or fish to increase its absorption. *1,000–2,000 IU daily is typically a safe dose for most people. Ask your doctor to check your vitamin D level with a blood test to make sure you are taking the right amount.*
- 4. Echinacea:** This flower helps shorten colds and other upper respiratory infections.
Tip: Drink it as a tea or take it as a supplement.
- 5. Elderberry:** Elderberries help fight viruses, especially ones that affect your lungs.
Tip: Only eat them cooked. You can also find elderberry in teas, syrups, and lozenges.
- 6. Propolis:** Propolis is a resin substance that bees make to repair their hives. It is soothing for sore throats and has strong antibacterial powers.
Tip: Look for it in throat sprays or lozenges.

Although many natural health products are generally safe, they may not be suitable for everyone. Consult a healthcare provider before starting any supplement, to ensure it is safe for you, especially if you are currently taking any medications.

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