

Vitamin D, Vitamin C and Zinc Boost Immune System

Vitamin D is thought to play a role in seasonal flu. The nutrient increases the body's production of proteins that destroy viruses, including influenza. Given that vitamin D is synthesized in our skin on exposure to sunlight, low blood levels of the vitamin in the winter months may make us more susceptible to getting the flu. (1)

Vitamin D - Products with Vitamin D:

- 1) IsaLean Shakes has 80% of the RDI needed daily for Vitamin D (2 Shakes provides 160%)
- 2) Isagenix Men's Essentials (Vitamins and Minerals) - contains 100% of the Vitamin D needed daily by men.
- 3) Isagenix Women's Essentials (Vitamins and Minerals) - contains 100% of the Vitamin D needed daily by women.
- 4) IsaCalcium contains 170% of the Vitamin D needed daily.
- 5) IsaDelight contains 25% of the Vitamin D needed daily per piece. (4 pieces = 100% daily)
- 6) IsaKids Essentials contains 100% of the Vitamin D needed daily.
- 7) IsaLean Soup contains 80% of the Vitamin D needed daily in 2 scoops / 1/2 cup.

When it comes to nutrition, a healthy diet that includes **Protein and plenty of Fruit and Vegetables** will help build a strong immune system. While no single food or supplement is guaranteed to keep winter viruses away, studies suggest the following strategies may help. (2)

Protein Sources from Isagenix and Fruit and Vegetables:

- 1) IsaLean Shakes
- 2) IsaPro
- 3) IsaDelight
- 4) Isagenix Snacks
- 5) IsaFruits
- 6) Isagenix Greens
- 7) IsaLean Bars
- 8) IsaLean Soup
- 9) SlimCakes
- 10) IsaCrunch

Vitamin C

Although this nutrient promotes the body's production of immune compounds, there's little evidence that taking vitamin C can prevent colds and flu in average folks. However, in individuals under physical stress (such as marathon runners), supplementing with vitamin C cuts the risk of developing a cold in half. Vitamin C does seem to lessen cold symptoms in adults and kids. A review of 30 studies involving 11,350 participants concluded that vitamin C reduced the duration of colds. To reduce cold symptoms, 2,000 milligrams of vitamin C a day, taken in divided doses, appears to be most effective. Children, people under physical stress and those with low dietary intakes of vitamin C tend to respond best to this vitamin. High doses of vitamin C may increase the risk of oxalate kidney stones. People with a history of kidney stones should restrict their intake to 100 milligrams a day. (3)

Vitamin C - Isagenix Products with Vitamin C:

- 1) Isagenix Antioxidants - 833% of DV / 500 mg per 3 capsules
- 2) C-Lyte - 866 of DV / 520 mg per capsule
- 3) IsaFruits - 100% of DV / 60 mg per scoop
- 4) Isagenix Greens - 67% of DV / 40 mg per tablespoon
- 5) IsaKids Essentials - 133% of DV / 80 mg per 2-4 tablets
- 6) IsaLean Bars (Chocolate Crunch) - 35% of DV
- 7) IsaLean Bars (Peanut Crunch) - 40% of DV
- 8) IsaLean Shakes - 40% of DV
- 9) IsaLean Soup - 40% of DV
- 10) IsaPro - 2% of DV
- 11) Want More Energy? - 160% of DV / 96 mg per 1 1/2 tsp

Zinc: This mineral is vital to a healthy immune system. Foods rich in zinc include oysters, seafood, red meat, poultry, yogurt, wheat bran, wheat germ, whole grains and enriched breakfast cereals. Your diet and a multivitamin and mineral supplement will provide all the zinc you need to stay healthy. (4)

Zinc - Isagenix Products with Zinc:

- 1) Essentials for Men - 266% of DV / 40 mg per 4 capsules
- 2) Essentials for Women - 100% of DV / 15 mg per 5 capsules
- 3) Ionix Supreme - 33% of DV / 5 mg per 1 oz.
- 4) IsaKids Essentials - 100% of DV / 15 mg per 2-4 tablets
- 5) IsaLean Bars (Chocolate Crunch) - 45% of DV
- 6) IsaLean Bars (Peanut Crunch) - 40% of DV
- 7) IsaLean Shakes - 45% of DV
- 8) IsaLean Soup - 45% of DV
- 9) Want More Energy? - 30% of DV / 4.5 mg per 1 1/2 tsp

Source: HEALTH & FITNESS

<http://www.theglobeandmail.com/life/health/fight-h1n1-with-a-healthy-diet/article1279538/>

