

## SUPPLEMENTS TO SUPPORT IMMUNITY

VITAMIN	DOSAGE	PURPOSE
Vitamin C	500 mg – 2x/day	Helps to create a physical barrier to viruses and bacteria
Quercetin	250 mg/day	Antiviral effect; take with Vit C
Vitamin E	100 – 400 IU/day	Works synergistically with Vit C
Zinc	15 mg/day + 10 mg from food	Both zinc deficiency and zinc overload weaken the immune system
Selenium	200 mcg/day	Prevents virus from mutating in the body
Vitamin D	1000 – 3000 IU/day Best to know blood level - Sweet spot is 80-140 nmol/L	Critical for immune function; may help prevent COVID from entering the cell
Probiotics	2 – 10 billion per day	Reduces viral infections Improves efficacy of vaccinations
Omega-3	Keep to 2,000 mg/day	Too much can suppress immune system.
L-glutamine	2-5g/day 3g is in 1 scoop of Kaha Whey Isolate protein powder + if you eat meat, you should get enough.	Important for immunity in athletes. If you train with kettlebells, that's you! <ul style="list-style-type: none"> <li>• Glutamine gets shunted to liver to be converted to glucose during exercise</li> <li>• Lymphocytes (immune cells) and antibodies are decreased for 36-48 hrs post exercise</li> </ul>
Additional Nutrients that support the immune system		
Vitamin A	2500 – 5000 IU/day	Antioxidant
Beta-carotene	25,000 IU/day	Antioxidant
Vitamin B6	10-15 mg/day	Essential for protein digestion
Vitamin B12	100 mcg/day	Essential for energy, protein metabolism & needed for oxygen transport in the bloods

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Iron	I prefer to get from food: red meat, liver, green leafy veggies like swiss chard and medjool dates	Transports oxygen to and from cells
Refined Sugar	Avoid	Suppresses the immune system
Alcohol	Avoid – do not drink during pandemic	<ul style="list-style-type: none"> <li>• Increased risk of pneumonia; suppresses immune system.</li> <li>• Can impair key immune cells in the lungs.</li> <li>• Disrupts microflora, killing off good bacteria.</li> </ul>
Sleep	6 - 8 hours/day	Lack of sleep makes one more prone to infection
Exercise	Moderate, consistent exercise	<ul style="list-style-type: none"> <li>• Moderate activity strengthens immune system</li> <li>• Must be consistent</li> <li>• Overtraining increases upper respiratory tract infection</li> <li>• Consistent exercise may reduce the severity of COVID</li> </ul>

If you wish to support the immune system via supplementation, you will require the following:

1. Good quality multi-vitamin – CanPrev ImmunoMulti is a good one
2. Additional Vitamin C
3. Additional Quercetin
4. Additional Vitamin D
5. Probiotic
6. Good quality protein powder