



## IMMUNE SYSTEM SUPPORT

**Vitamin A** - fosters our immune T-cells of the gut to improve pathogenic immunity.

**Vitamin D** - modulates the innate and adaptive immune responses that help the body fight off infection

**Vitamin C** - is an antioxidant that helps to destroy free radicals and reduce oxidative stress response.

**Zinc** - is an important mineral that helps boost production of white blood cells, which defend and engulf invaders.

**Gut Health** - 70-80% of immune cells are found in our digestive tract.

Imbalances decrease immune responses and increase inflammation. This is why it is important to take good care of your gut. And this starts with what we eat.



**SCAN HERE FOR  
IMMUNE-  
BOOSTING TONIC  
RECIPE!**