

# HOW TO BOOST YOUR IMMUNE SYSTEM AGAINST COVID-19

A community message by:



Good nutrition and eating a well-balanced diet that emphasizes plant-based foods is essential to maintain an optimal health. These food types will eventually boost your immune system and prevent you from any communicable or non-communicable diseases.

As such, the coronavirus is said to have an adverse effect on those who have pre-existing medical issues or those who have a low immunity system. If you fall in the latter, then it's time to inculcate these immunity-boosting food, vitamins & supplements in your diet to keep you healthy and safeguard you from any infectious diseases.

## FOOD



### Citrus fruits such as orange, lemon etc.

These fruits contain higher Vitamin C which trigger immunity and battle infection.



### Garlic

Sulphur compound allicin in garlic exhibit effective immune boosting properties and keep diseases at bay.



### Ginger (packed with gingerol)

Lessens inflammation, heals sore throat and combats inflammatory diseases.



### Yoghurt

Packed with good bacteria is proven to trigger the immune system and boost natural defense mechanism.



### Spinach

High on Vitamin C, E and beta carotene. Spinach optimizes the disease battling properties of the immune system.



## VITAMINS & SUPPLEMENTS

According to a research done by the Harvard Health Publishing, the below vitamins and supplements are proven to improve your immune system to fight against COVID-19.

**VITAMIN C** - this is an antioxidant that has long been promoted as a key player in healthy immune function.

**VITAMIN E** - contains a high amount of lipid soluble antioxidants and increases nutrient activity to modulate immune function.

**VITAMIN D** - enhances an innate immune system and increases identification of viral and bacterial particles by immune cells.

**ZINC** - may contain antiviral activity, whereby improving immune cell function that counters viral infection or by reducing the ability of viruses to multiply.

**Note:** As these vitamins and supplements can cause various side effects, we advise you to consult your doctor for further instruction/s prior to intake.

Disclaimer: The guideline outlined in this document is to safeguard you and your loved ones from COVID-19. We advise you to seek professional guidance if you wish to clarify any section on this document or if you feel the need to take any action based on this document.