

Tips for Enhancing Immunity

Supplements to Support Immune Health

Supplement	Dosage - Adults	Dosage - Children	Notes
Vitamin D3	3,000 - 5,000 IU daily	400 - 3,000 IU daily	Do not exceed more than 35 IU per pound of body weight for more than a few weeks.
Vitamin C	500 mg up to 3x daily	250 - 500 mg 2x daily	
Zinc	30 - 75 mg daily	10 - 15 mg 2x daily	Values should not exceed the Recommended Daily Intake [RDI] for more than 7 days.
Andrographis	600 - 1,200 mg daily	100 - 400 mg daily	
Elderberry	1 - 3 tsp daily or 150 - 300 mg daily	½ tsp, 1 - 2x daily 70 - 140 mg daily	
Probiotics	Beneficial bacteria that support immune function as well as digestion. Look for a product with a decent variety of strains and a potency of at least 1 billion colony forming units (CFUs) per strain.		

Lifestyle

Diet

Your diet is where good health starts! Here are a few of the heavy hitting immunity-boosters.

Vitamin D3

Salmon
Herring and Sardines
Cod Liver Oil
Canned Tuna
Egg Yolks
Mushrooms

Vitamin C

Guava
Kiwi
Citrus
Bell Peppers
Broccoli
Spinach

Zinc

Shellfish, especially Oysters
Beef
Tofu
Lentils
Oatmeal
Mushrooms

Miscellaneous

Garlic
Green Tea
Elderberry
Wheat Germ
Ginger

Minimize Refined Sugar intake

Glucose and Vitamin C compete with each other in the human body, therefore, more sugar means less Vitamin C. Sugar is also immunosuppressive. After consuming sugar, our immune response may be suppressed for many hours.

Minimize Alcohol intake

In addition to having immunosuppressive effects comparable to those of sugar, alcohol can disrupt the balance of beneficial microbes in our digestive tract, leading to immune dysfunction. Drinking also increases our risk of respiratory infections such as pneumonia and tuberculosis.

Adequate Rest

Need an excuse to take a nap? Well, here it is. Poor sleep lowers T-cells, which are a number one line of defense against viruses. Adults should aim for at least 7 hours, while toddlers and teens need anywhere from 8-10 hours.

Regular Exercise

Moderate intensity exercise is sufficient to increase white blood cell production, which lowers your risk of infection. A 30-minute fast-paced walk on your lunch break is a great place to start!

Feel the sniffles coming on?

One dose of Vitamin D3 25,000 IU, followed by 2,000-4,000 daily thereafter.

An initial mega-dose of Vitamin D3 could slash the lifespan of your nasty virus in half!

2,000 mgs of Vitamin C daily in divided doses (500-1000 mg each)

Vitamin C can help reduce the symptoms and duration of colds. Dosages up to 8,000 mg per day have been studied with positive results.

Andrographis 300-600 mg, 2-3x a day

Popular in Traditional Chinese Medicine, this herb is proving to be effective at knocking out your cold when symptoms first hit. Native to India and Sri Lanka, the flowers and leaves of this plant can stimulate the immune system when taken for the first 3-5 days of symptoms.

Is it a flu, cold or coronavirus?

Below are the common symptoms compared as well as the prevalence of symptoms based on WHO and CDC data.

Symptom	Coronavirus	Flu	Cold
Fever	Common	Common	Rare
Cough	Common	Common	Mild
Loss of Taste and Smell	Sudden	Rare	Sometimes
Fatigue	Sometimes	Common	Sometimes
Headaches	Sometimes	Common	Rare
Aches and Pains	Sometimes	Common	Common
Congestion	Rare	Sometimes	Common
Sore Throat	Sometimes	Sometimes	Common
Sneezing	No	No	Common
Shortness of Breath	Sometimes	No	No
Diarrhea	Sometimes for children	Sometimes, especially for children	No

Disclaimer

The information provided here are guidelines and not intended as medical advice. It is not meant to be a substitute for professional medical advice, diagnosis, or treatment. If the reader or any other person has a medical concern, he or she should consult with an appropriately-licensed physician or other health care worker.

Where health claims of dietary supplements are referenced, the statements have not been evaluated by the Food and Drug Administration. The products are not meant to diagnose, treat, cure or prevent any disease.