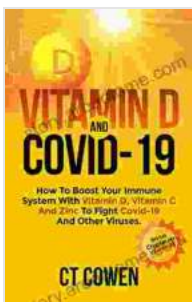


How To Boost Your Immune System With Vitamin C, Vitamin D, And Zinc To Fight COVID-19

The COVID-19 pandemic has brought the importance of a strong immune system to the forefront of our minds. A healthy immune system is our body's best defense against infection, and there are a number of things we can do to boost our immunity, including taking supplements like vitamin C, vitamin D, and zinc.



Vitamin D and Covid-19: How to Boost Your Immune System With Vitamin D, Vitamin C, and Zinc to Fight Covid-19 and Other Viruses. by Lucan Eugene Baldacchino

★★★★★ 5 out of 5

Language	: English
File size	: 1177 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 702 pages
Lending	: Enabled



In this article, we'll discuss the role of vitamin C, vitamin D, and zinc in immune function, and we'll provide you with tips on how to get enough of these essential nutrients.

Vitamin C

Vitamin C is a powerful antioxidant that helps to protect cells from damage. It's also essential for the production of white blood cells, which are key to fighting infection.

There is some evidence that vitamin C may help to reduce the risk of developing COVID-19, and it may also help to reduce the severity of symptoms in people who do get sick.

The recommended daily dose of vitamin C is 65 to 90 mg for adults. However, you may need to take more if you're sick or under a lot of stress.

Good sources of vitamin C include:

- Citrus fruits (oranges, grapefruits, lemons, limes)
- Berries (strawberries, blueberries, raspberries)
- Kiwi
- Cantaloupe
- Mango
- Pineapple
- Broccoli
- Brussels sprouts
- Kale
- Spinach

Vitamin D

Vitamin D is essential for bone health, but it also plays an important role in immune function.

There is some evidence that vitamin D may help to protect against COVID-19. One study found that people who were deficient in vitamin D were more likely to develop severe COVID-19 symptoms.

The recommended daily dose of vitamin D is 600 IU for adults. However, you may need to take more if you're at risk for vitamin D deficiency.

Good sources of vitamin D include:

- Fatty fish (salmon, tuna, mackerel)
- Eggs
- Dairy products
- Mushrooms
- Fortified foods (cereal, milk, yogurt)

Zinc

Zinc is an essential mineral that plays a role in a variety of bodily functions, including immune function.

There is some evidence that zinc may help to reduce the risk of developing COVID-19, and it may also help to reduce the severity of symptoms in people who do get sick.

The recommended daily dose of zinc is 11 mg for adults. However, you may need to take more if you're sick or under a lot of stress.

Good sources of zinc include:

- Oysters
- Beef
- Pork
- Chicken
- Beans
- Nuts
- Seeds

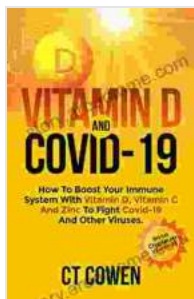
Vitamin C, vitamin D, and zinc are all essential nutrients that play an important role in immune function. By getting enough of these nutrients, you can help to boost your immune system and protect yourself against COVID-19.

If you're not sure whether you're getting enough of these nutrients, talk to your doctor. They can recommend a supplement to help you meet your needs.

****Descriptive Alt Attributes:****

* ****Vitamin C:**** A close-up shot of a glass of orange juice, with fresh oranges and lemons in the background. * ****Vitamin D:**** A photo of a person standing in the sun, with a blue sky and clouds in the background. * ****Zinc:**** A photo of a handful of zinc-rich foods, such as oysters, beef, and nuts. * ****Immune system:**** A photo of a group of white blood cells, fighting

off bacteria. * **COVID-19:** A photo of a virus, with the word "COVID-19" written on it.



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