



# Essentials For Health

Calgary, AB

[felix@essentialsforhealth.ca](mailto:felix@essentialsforhealth.ca)

403 899 8888

Ensuring you have a strong immune system is always a good idea. The information below is a guideline of vitamins and minerals that help boost your immune system with delicious nutrient dense foods for better health.

**Vitamin A** is a fat-soluble vitamin that acts as a powerful antioxidant in the body. It is critical in maintaining vision and neurological function. Antioxidants help reduce inflammation by fighting free radical damage and help regulate the immune system. Best sources are from animal origins.

*Found in beef liver, cod liver oil, spinach, broccoli, red peppers, sweet potato, butter, eggs.*

**Vitamin C** helps with many bodily functions including collagen formation, the immune system, absorption of iron and the ability to heal wounds.

*Found in red peppers, green peppers, chill peppers, broccoli, Brussels sprouts, cauliflower, strawberries.*

**Vitamin E** is an antioxidant with protective properties for vitamins A and C. It supports the immune function and helps prevent inflammation.

*Found in salmon, shrimp, trout, almonds, avocados, sunflower seeds, extra virgin olive oil, spinach.*

**Vitamin D** is vital in calcium absorption and normal function of our immune system.

*Found in safe amounts of natural sunlight, cod liver oil, salmon, sardines, mackerel, tuna, eggs.*

**B6** helps the body maintain the nervous system, produce hemoglobin (carries oxygen in red blood cells), balance blood sugars and create antibodies in our immune system.

*Found in turkey, beef, tuna, avocado, chicken, spinach, sunflower seeds.*

**Zinc** plays an essential role in many biochemical pathways, including immune, central nervous and gastrointestinal systems. Deficiency can lead to digestive issues, chronic fatigue, poor immunity, slowed wound healing and nerve dysfunction.

*Found in lamb, beef, chickpeas, pumpkin seeds, spinach, avocados, mushrooms, chicken.*

**Copper** is important for the production of hemoglobin and red blood cells, maintaining a healthy metabolism and contributes to body growth and repair.

*Found in beef liver, chickpeas, dark chocolate, sunflower seeds, avocados, kale, almonds, asparagus.*



# Essentials For Health

Calgary, AB

[felix@essentialsforhealth.ca](mailto:felix@essentialsforhealth.ca)

403 899 8888

**Selenium** increases immunity and helps defend against free radical damage and inflammation. Needed for the proper functioning of the immune system and a key nutrient in counteracting the development of viruses.

*Found in Brazil nuts, salmon, tuna, turkey, chicken, mushrooms, eggs, sardines, sunflower seeds.*

**Protein** consumption is a key macro-nutrient. Protein is vital to build and repair body tissue and fight viral and bacterial infections. Immune system antibodies rely on protein; too little protein can lead to symptoms of weakness, fatigue and a depressed immune function.

*Found in eggs, beef, pork, chicken, lamb, fish, liver, cottage cheese, milk, peas, Brussels sprouts.*