

# *Enhance Your Natural Immunity*

Incorporate the following tips into your daily life.



Eat nutritious meals emphasizing plenty of colorful vegetables and fruits.



Being active in small ways throughout the day can make a big difference. You want to be active for 150 minutes per week approximately 30 minutes per day.



Get adequate amounts of rest and avoid fatigue.



Eat foods high in Vitamin D3 and Vitamin C or take supplements.

Drink plenty of fluids to keep membranes moist and more resistant to infection.



Consume 2-3 servings of HyperIg PL100 daily.