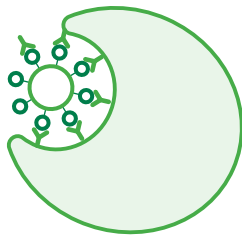


Nutrition, immunity and vaccinations: what does the science say?

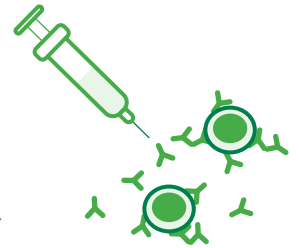
Good nutrition supplies building blocks of a healthy immune system. Both macro- and micronutrients have a part to play in optimizing immune function and helping the body to fight infections.^{1,2} In response to growing interest in immunity and vaccines, here we explore the latest science and the opportunities for innovation within the dietary supplements and immunity space.

How does nutrition lay a foundation for immune and vaccine responses?

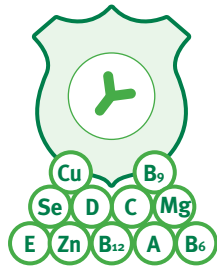
Vitamins and minerals help support immune cells that destroy harmful pathogens and produce antibodies.²



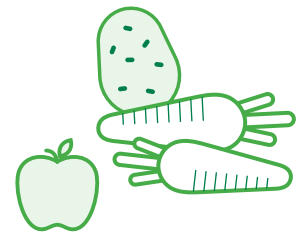
These cells also help generate an effective vaccine response.³ Most vaccines work by producing the same types of protective antibodies that defend us during an infection.^{3,4}



Many studies show the importance of micronutrients, such as vitamins A, B₆, B₁₂, C, D, E, and folate, as well as zinc, selenium, copper and magnesium in supporting immunity, including antibody production.^{2,5,6,7,8}



Ideally, adequate micronutrient intake could be achieved through a diverse, well-balanced diet. But the level of nutrients required to support optimal immune function can be difficult to reach through diet alone.^{8,9}



How can supplementation help?

Dietary supplements are a safe, effective way to complement a balanced, diversified diet and help support a healthy immune response to vaccines. With immunity a top concern for 60% of consumers and 43% worried about resistance to epidemic diseases specifically,¹⁰ there is an opportunity to develop appealing supplements that help support the immune system and address consumer health concerns.



EXPERT WEBINAR:

Thursday, May 20th, 2021

DSM and renowned nutritional immunology expert, Prof. Philip Calder, held a live panel discussion on the role of optimal nutrient status in laying the foundation for a robust immune response.

[CLICK TO REPLAY](#)

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DSM's broad portfolio of high-quality products, customized solutions and expert services enable you to transform the latest science into new innovations in the dietary supplements space, targeting health benefits specific to consumer preferences including immunity.

Speak with our sales team to discover how DSM's expert scientific support and market-ready solutions can help you quickly bring research-backed, purpose-led immune health solutions from concept to consumer.

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References: 1) Calder 2013 2) Gombart 2020 3) Murphy & Weaver 2017 4) Nauta 2009 5) Maggini 2007 6) Lee 2018 7) Maggini 2018 8) Calder 2020 9) Rayman & Calder 2021 10) DSM Consumer Health Concerns survey 2021

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