

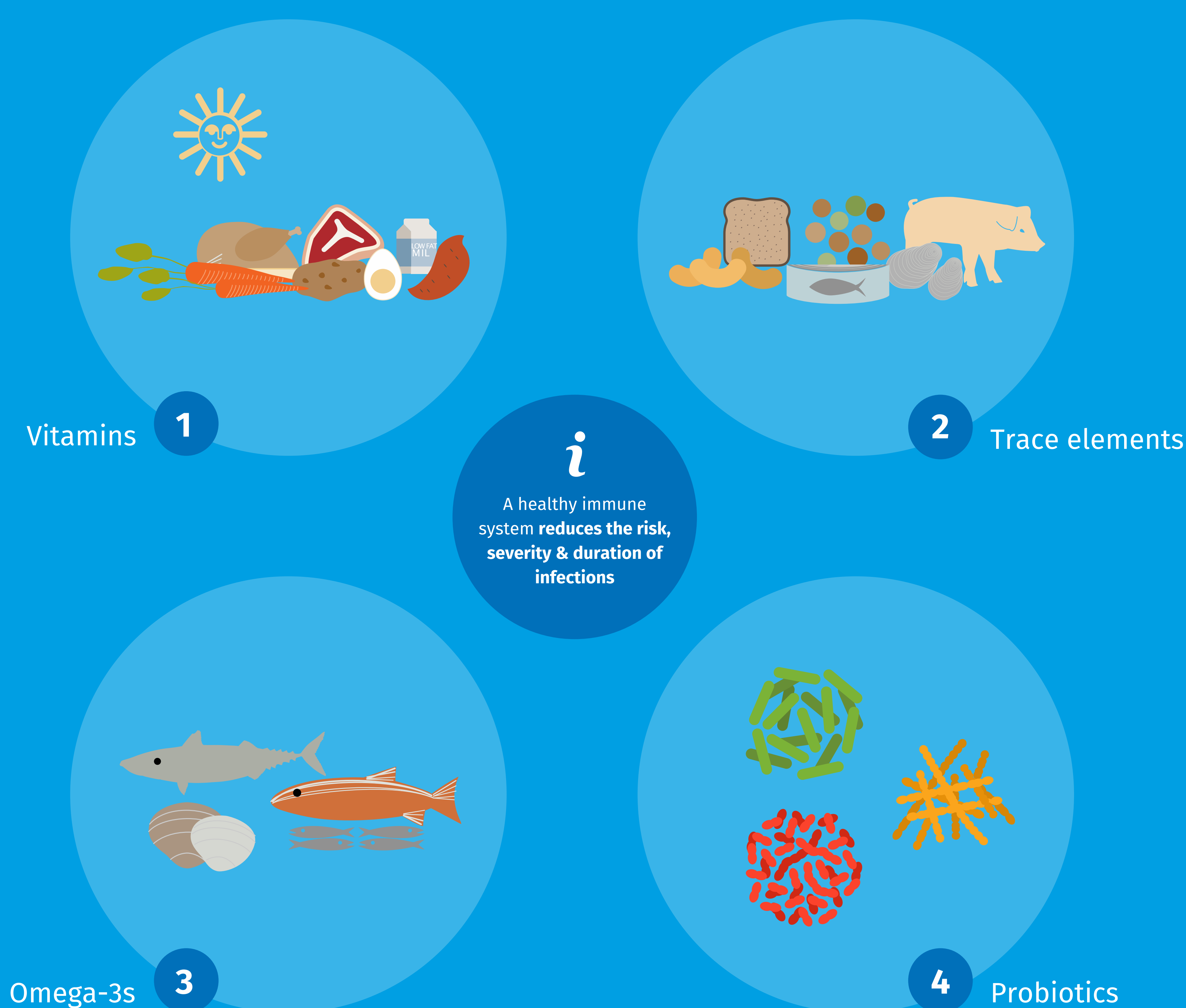
Support your immunity

A story about how nutrients support your health and well-being

Development of the immune system

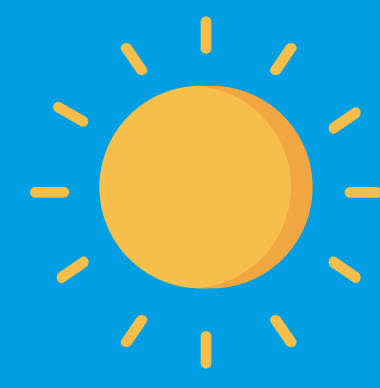


Ideally, the nutrients needed to support your immune system come from a **well-balanced diet** that provides:



It's often hard to achieve a truly well-balanced diet and that's where **nutritional supplements** come in.

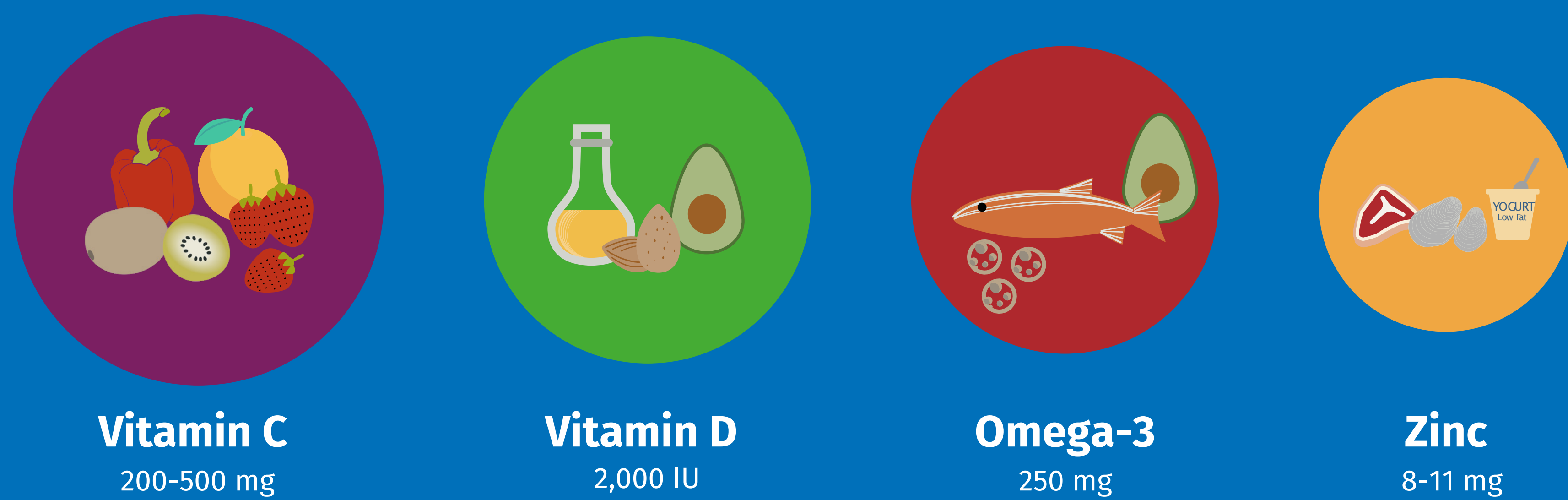
For example, dietary sources of vitamin D are limited and synthesis in the skin is affected by season, climate, skin color, avoidance of sun exposure.



An orange contains about 53 mg vitamin C. To reach the recommended intake of at least 200 mg one would have to consume 4 oranges per day!



To complement your diet and eliminate potential nutrient shortfalls, experts recommend the following daily nutrient intake:



References

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