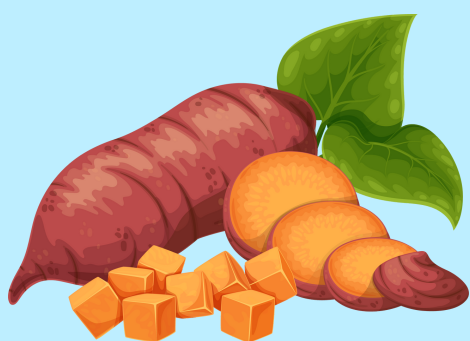


IMMUNE BOOSTING NUTRIENTS

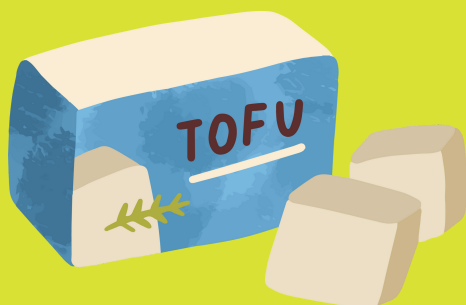


Beta Carotene

Found in many plant foods such as: sweet potatoes, spinach, carrots, mango, broccoli, and tomatoes.

Vitamin C

Rich in citrus fruits, berries, melons, and bell peppers. Get creative with water infusions!



Vitamin D

Found in fatty fish, like salmon, eggs, soy products, like tofu, and fortified milk products.

Zinc

Common in foods high in protein, such as beef, seafood, beans, and nuts.



Probiotics

Promotes good bacteria in the gut. Enjoy fermented products, such as yogurt, kimchi, or pickles.

Protein

Will keep you strong! Many plant and animal sources are available, like chicken or lentils.

