

7 Vitamins and Supplements to Strengthen Your Immune System



Theresa AuCoin

Your Health Defender
YourHealthDefender.com



Vitamin C

- ◆ The one nutrient that has been proven to be the most effective in helping our bodies prepare to ward off viruses is vitamin C.
- ◆ Low vitamin C levels increase susceptibility to viruses.
- ◆ Abundant clinical evidence confirms vitamin C's powerful antiviral effect when used in sufficient quantity.

Zinc

- ◆ Zinc is a powerful antioxidant, shown to help the body fight infections.
- ◆ Zinc lozenges are a nice option, proven to effectively block coronavirus and many other viruses from multiplying in your throat and nasopharynx.
- ◆ Recommended adult dose: 20-40 mg/day.

Vitamin D3 (plus K2)

- ◆ About 40% of the public is seriously deficient at a serum level below 20 ng/mL and 90% are deficient using the level of 40 to 60 ng/mL.
- ◆ Unlike vitamin C, it takes days and weeks to build up your level of vitamin D3, so taking a lot today is not going to immediately raise your levels.
- ◆ Combining K2 with D3 avoids complications associated with excessive calcification in your arteries.

Magnesium

- ◆ Magnesium is critical for many health benefits, including allowing your vitamin D3 to activate.
- ◆ Magnesium is also critical for preventing migraines, depression, impotence, premenstrual syndrome, osteoporosis and more.
- ◆ Of the magnesium forms available, the two that seem the most efficient at penetrating cell membranes are magnesium threonate and magnesium glycinate.



Multivitamin/mineral supplement

- ◆ Multivitamins and mineral supplements help ensure you are consuming the nutrients you might be missing from your diet and nutrients that might be missing from the food you eat.

Silver

- ◆ Silver has been used for centuries as an antimicrobial to kill harmful bacteria, viruses and fungus.
- ◆ The late Dr. Marijah McCain, wrote that the presence of colloidal silver near a fungus, virus, bacterium or other single-celled pathogen disables its oxygen-metabolism enzyme, causing it to suffocate and die in mere minutes with no side effects.

Quercetin

- ◆ Boosts interferon response to viruses and Covid-19
- ◆ Is a zinc ionophore, which helps transport zinc through the cellular plasma membrane and raises the level of zinc inside the cells.
- ◆ Can help lower the viral load and reduce the severity of viral infections
- ◆ Hydroxychloroquine is also a zinc ionophore, helping zinc get into the cell.
- ◆ Is a natural antihistamine and anti-inflammatory

