SUPPORT YOUR IMMUNE SYSTEM WITH GOOD NUTRITION

There are times when it’s essential to strengthen your immune system. Good nutrition plays a vital role by providing key nutrients for immune health support.

**PROTEIN**
Essential macronutrient for the creation of antibodies and immune system cells

**ANTIOXIDANTS**
Vitamins C & E to help protect immune system cells

**ZINC**
Needed for production of new immune system cells

**VITAMINS A & D**
Help regulate immune system function

**ADDITIONAL IMMUNE HEALTH HABITS***
- Wash your hands often for at least 20 seconds
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you’re sick
- Use a tissue when coughing or sneezing
- Disinfect surfaces and frequently touched objects

**ORAL NUTRITION SHAKES HAVE NUTRIENTS THAT CAN HELP SUPPORT IMMUNE HEALTH**

Sometimes it’s hard to get enough of all the immune system supporting nutrients you need from your diet alone. Drinking oral nutrition shakes is a convenient way to help supplement your diet. Look for shakes that contain the key nutrients protein, vitamin A, antioxidants, zinc and vitamin D.

* Centers for Disease Control and Prevention

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