



Immune Support

Everyday Nutrients That Help Your Body Stay Ready

Your immune system works hard every day to protect you. The best way to support it starts with simple, consistent habits and good nutrition. Small choices—like eating well, staying active, sleeping enough, and managing stress—can help your body stay ready year-round.



Vitamin C: Everyday Antioxidant Support

Vitamin C helps support normal immune function and acts as an antioxidant. Food-first support is a great place to start.

Easy vitamin-C-rich foods to add:

- Oranges
- Bell peppers
- Strawberries
- Broccoli
- Kiwi
- Citrus fruits



Tip: Small, everyday food choices can help support your immune system over time.



Vitamin D + Zinc

These two nutrients are often discussed for supporting normal immune function.



Vitamin D —

Helps support normal immune function.



Zinc —

Helps support immune cell function and normal healing.

Think of it this way: vitamin D helps support immune readiness, and zinc helps your body do its day-to-day repair work.



Other Everyday Supports

A few simple habits can round out your immune-supportive routine.



Yogurt

Protein foods

Colorful produce

Water

Sleep

Support your body with steady habits, not just one product.



**Real ingredients.
Real support.
Real community.**

Information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent disease. Always talk with your healthcare provider before starting a supplement, especially if you are pregnant, nursing, taking medication, or managing a medical condition.

IMMUNE SUPPORT

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A Few Simple Immune Support Habits

Immune support is about more than one vitamin or one supplement. The basics matter.

- ✓ Eat a variety of colorful whole foods
- ✓ Prioritize sleep and recovery
- ✓ Stay hydrated throughout the day
- ✓ Include protein at regular meals
- ✓ Get some sunlight or talk with your provider about vitamin D
- ✓ Manage everyday stress when possible



What This Means for You

You do not need a complicated routine. Start with nutritious food, good sleep, hydration, and steady habits, then use targeted support when it makes sense for you.



Immune Support At a Glance

VITAMIN C

Antioxidant support

Found in fruits and vegetables

Great for everyday nutrition

VITAMIN D

Supports immune readiness

Often discussed in low-sunlight seasons

Can come from sun, food, or supplements

ZINC

Supports immune cell function

Found in foods and supplements

Best used thoughtfully, not excessively

References

1. NIH Office of Dietary Supplements. Vitamin C Fact Sheet for Consumers.
2. NIH Office of Dietary Supplements. Vitamin D Fact Sheet for Consumers.
3. NIH Office of Dietary Supplements. Zinc Fact Sheet for Consumers.
4. NIH Office of Dietary Supplements. Probiotics Fact Sheet.



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