

# Vitamins for Immunity

Nutrition Tip

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# BUILDING IMMUNITY WITH VITAMINS

- The immune system produces it's own antioxidants to prevent cell damage.
- Vitamins, particularly antioxidants, prevent free radical damage to the immune cells.
- The top 3 vitamins that fall into this category are :
  - > Vitamin A
  - > Vitamin C
  - > Vitamin E



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# BUILDING IMMUNITY WITH VITAMINS

Vitamin A protects the skin and mucous membranes.



Sources : eggs, meat and dairy products

Vitamin C increases the number of the immune system cells.



Sources : citrus fruits such as oranges, strawberries, lemons and grapefruit

Vitamin E helps to maintain the structure of immune cells and tissue.



Sources : seeds and seed oils, margarine, avocados, wheat germ, egg yolks

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# RECIPE TO BOOST YOUR IMMUNE SYSTEM

JUICE RECIPE  
FOR IMMUNITY

## CARROT ORANGE JUICE

- 2-3 medium raw carrots, in small chunks (*vit A*)
- 1 $\frac{3}{4}$  cup water
- 2 cup orange juice (*vit C*)
- 1 teaspoon wheat germ (*vit E*)
- 1-2 teaspoon honey

Blend carrots with water until pulverized. Strain if desired. Combine carrot juice, orange juice, wheat germ and honey. Chill and serve. If unstrained, serve with a spoon to eat the carrot pulp and get an extra boost of fibre.



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