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10 Ways to Support Your Immune System & Fight Diseases

Based on Science

CHEAT SHEET

The first line of human defense against any type of infection is the immune system. It's how our bodies keep the enemy out of the gates, and it's why maintaining strong immunity at all times is critically important for health and vitality.

Vitamin C

Vitamin C is a strong antioxidant that can boost immunity by helping white blood cells function more effectively which help protect the body against infection.

3,000 mg a day in divided doses

[Organic, Plant Based, Pure Liquid Vitamin C](#)

Vitamin D

Vitamin D regulates the absorption of calcium and phosphorus, and facilitates normal immune system function.

Getting a sufficient amount of vitamin D is important for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.

5,000 IU a day for two weeks, followed by 2,000 IU a day.

[Organic, Potent, Liquid Vitamin D3](#)

Magnesium

Magnesium keeps the immune system strong, helps strengthen muscles and bones, and supports many body functions from cardiac functions to brain functions.

400 mg a day tablets, Natural Dead Sea Magnesium

[Intracal - Calcium & Magnesium](#)

Zinc

Zinc is an essential mineral that supports the immune system, digestive system, cellular growth and development, and more.

20 mg a day

[Organic, Plant Based, Liquid Zinc](#)

7M Immune Support

For centuries, the Japanese have understood the unsurpassed benefits of certain mushrooms.

Japanese and other Asian cultures have cooked them and made tea and other elixirs for their gut health, immunity, longevity, and more.

[Organic, Fermented, Medicinal Mushrooms](#)



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Reduce Oxidative Stress with Nrf2 Activation

Activate the Nrf2 pathway responsible for antioxidant production, to reduce oxidative stress – the leading cause of disease.

[Protandim Nrf2 Synergizer](#)

Probiotic

Using time-release technology to support optimal digestion and immune system function

[6 Billion CFU, Slow Release, Probiotic](#)

Botanicals

8 Organic berries, herbs, and roots used for centuries in various regions of the world to support immune health and overall wellness.

[8 Organic Botanicals for Immune Support](#)

Elderberry

The berries and flowers of elderberry are packed with antioxidants and vitamins that may boost your immune system.

One tablespoon a day

[Organic, Non GMO, Elderberry Juice](#)

Vitamin B

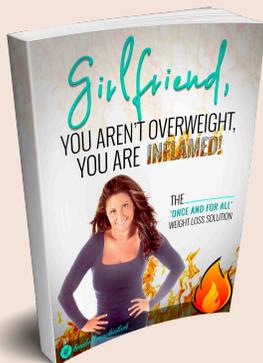
B vitamins (specifically B6 and B12) support immunity by managing cell division and growth and boosting the production of disease-fighting white blood cells. B vitamins as a whole also help to support a healthy gut microbiota.

[Organic, Vegan, Liquid Vitamin B12](#)



A Whole Foods, plant based diet rich in fruits, red bell peppers, broccoli, garlic, ginger, spinach, yogurt, almonds, papaya, kiwi, sunflower seeds and shellfish.

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The International Society for Orthomolecular Medicine (ISOM), an organization dedicated to advancing knowledge of orthomolecular medicine and high-quality metabolic research, maintains that symptoms of viral infections can be prevented or minimized with a nutrient-based regimen.