

**SAGU**  
**COVID Health Bulletin**  
**Spring 2021**

**Supplements that help with a healthy immune system and help fight COVID**

**Vitamin D-** helps strengthen the immune system, during this time we want our immune systems at a healthy level, so making sure that we don't become Vitamin D deficient is super important. The recommended daily dose of Vitamin D a day is 600-800 IU (international units), you should not need more than that. There are 115-124 IU in an 8oz glass of milk. 10 minutes of midday sun in the heat of the day with no sunscreen, will give you 10,000 IU Here are a few ways to get your Vitamin D...

- It can be absorbed from ultraviolet rays (the sun, some people use tanning beds in the winter)
- It can be found in foods such as whole or soy milk, fish, egg yolks, some fortified cereals
- You can also get Vitamin D with supplements from your local pharmacy.

**Zinc** - also helps with your immune system. Zinc is a mineral that is supposed to help shorten the symptoms of colds and flus. Some studies are showing that it is lessening the time period of symptoms not necessarily their strength. The healthy level of zinc suggested a day is 8mg for women and 11mg for men. Here are a few ways to get Zinc.

- It can be found in meats (oysters, red meat and poultry) chickpeas, beans, nuts (cashews and almonds)
- It can be bought at your local pharmacy as a supplement

**Vitamin C** - is an antioxidant that helps build a healthy immune system and aides in preventing inflammation. Some studies have shown that people who take Vitamin C have had a lower pneumonia rate and fewer lower respiratory infections. Both of these have proven to be results of COVID, so the theory is if you take Vitamin C that you may be less susceptible to them. The daily recommended dose of Vitamin C is 65-90mg maxing out at around 2,000mg. Too much Vitamin C can cause some uncomfortable side effects such as diarrhea but should not be harmful. Here are a few ways to get Vitamin C...

- It can be found in foods such as fruit (specifically citrus) and vegetables (peppers and tomatoes)
- It can be purchased at your local pharmacy as a supplement as well.

**Elderberry** - some studies show that Elderberry can be used to treat infections and build immune health. Some people use this supplement as a natural way to help fight antibacterial infections and viruses. It has been around for a while but there is not a ton of research to support it with COVID.

It can be bought as a syrup or capsule at your local pharmacy for health food store.

There are many more natural supplements such as garlic, selenium, licorice and B complex vitamins that all help support a healthy immune system. The most important thing to do is make sure that your body is healthy and not deficient of any vitamins and minerals. We want our bodies to be as healthy as possible when/if we are exposed so that we can fight COVID more effectively.