

Top 7 Supplements to keep you healthy through Cold & Flu Season!

1. Vitamin C

Why: Boosts immune system, fights off infections

Recommended Daily Intake: 1,000 - 2,000 mg

Product Suggestion: Garden of Life Vitamin C

2. Elderberry

Why: Rich in antioxidants, reduces severity of flu symptoms

Recommended Daily Intake: 500 - 1,000 mg

Product Suggestion: Nature's Bounty Elderberry

3. Probiotics

Why: Supports gut health, enhances immune system

Recommended Daily Intake: 1 - 2 billion CFU

Product Suggestion: Renew Life Ultimate Probiotics

4. Vitamin D

Why: Crucial for immune system regulation, mood support

Recommended Daily Intake: 2,000 - 5,000 IU

5. Zinc

Why: Essential for immune cell function, wound healing

Recommended Daily Intake: 15 - 20 mg

Product Suggestion: NOW Foods Zinc Glycinate

6. Nattokinase

Why: Supports cardiovascular health, may reduce blood clotting

Recommended Daily Intake: 2,000 - 4,000 FU (Fibrinolytic Units)

Product Suggestion: Doctor's Best Nattokinase

7. N-Acetyl Cysteine (NAC)

Why: Supports respiratory health, acts as an antioxidant

Recommended Daily Intake: 500 - 1,000 mg

Product Suggestion: Jarrow Formulas N-A-C Sustain