

Vitamin C. Research shows that it plays a key role in supporting the immune system. This was stated by Ashley Hawk, MSc, a certified dietitian. This vitamin also acts as an antioxidant, protecting cells from oxidative stress, which can weaken the immune system.

Zinc. It is known for its ability to reduce the duration of the common cold. Many people suffer from a deficiency of this substance.

Probiotics. Dietitian Amy Goodson notes that probiotics support the health of the immune system as they maintain the balance of gut bacteria, which play a key role in immune function. Probiotics also strengthen the intestinal barrier.

Omega-3. These substances help regulate inflammation. This plays a crucial role in immune balance.

Vitamin D. It activates immune T-cells that fight infections and also acts as an anti-inflammatory agent. One study showed that people with low vitamin D levels who took it as a supplement had a reduced risk of upper respiratory infections (flu, colds).

News materials should not be equated with a doctor's appointment. Consult with a specialist before making a decision.