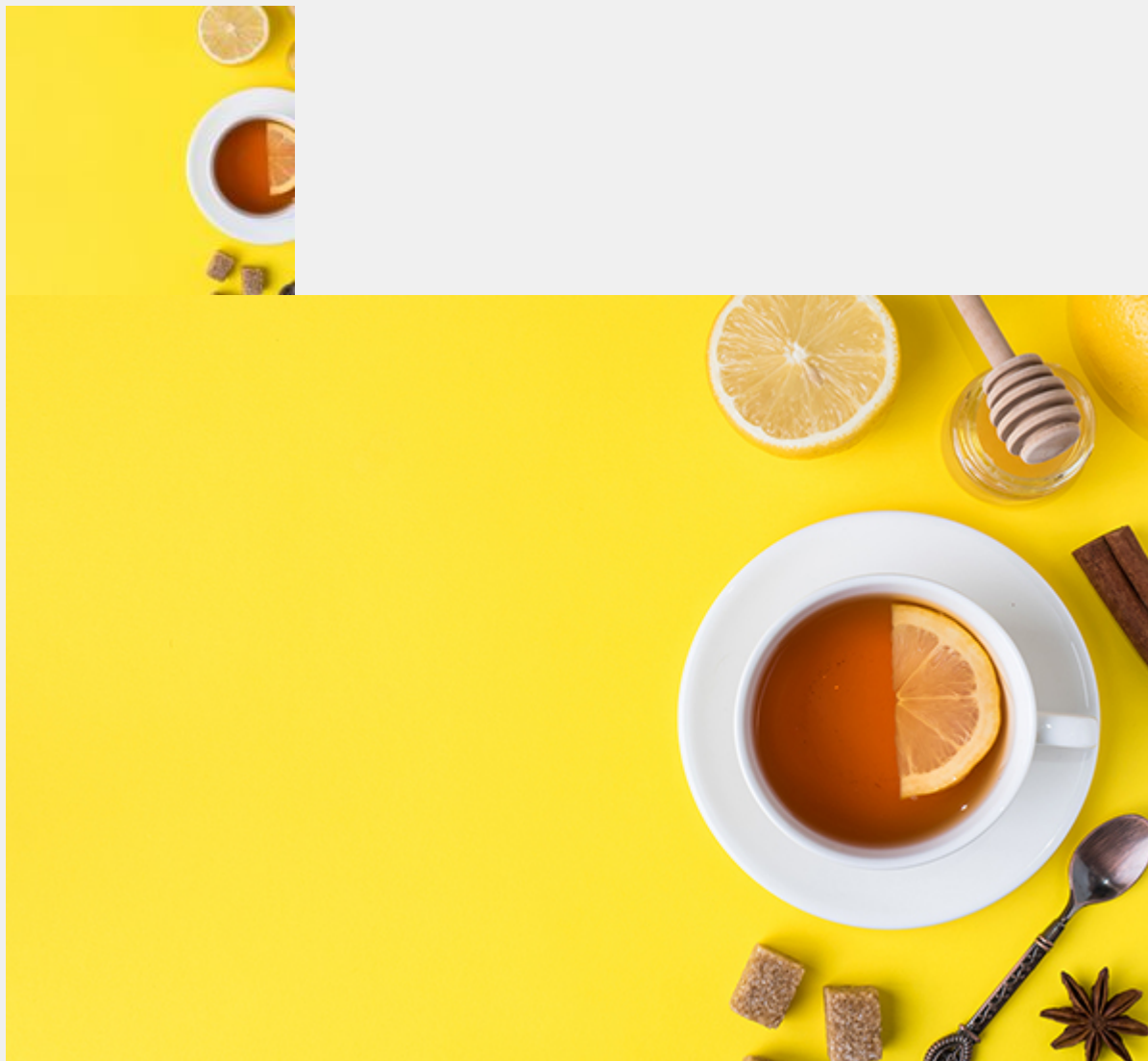


# Natural immune system support



*On a recent trip to Iceland, I threw this suite of Vital Nutrients immune support products in my suitcase. It was the perfect way to fortify me against travel-related stress, allergens, and pathogens!*

*–Dr. Ronald Hoffman*

*This article contains content from one of our trusted sponsors.*

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Are you seeking new ways to support your immune system?\* Lifestyle factors like adequate sleep and movement, a balanced diet, and hydration are critical, though certain nutrients can also help support immune health.\*

In this article, we share four science-backed immune-supporting supplements and how they're formulated to help support a healthy immune system. \*

**Vital Nutrients** is a well-known authority in the dietary supplement industry, producing clean and bioavailable supplements for over 30 years.\* Vital Nutrients has revolutionized healthcare by manufacturing a complete portfolio of immune health supplements that are family-adored and practitioner-approved.\*

## What Makes a Good Immune Supplement?\*

**Immune Supplements** help support a healthy immune system by providing the specific nutrients it requires.\* They typically contain antioxidants, herbs, vitamins, minerals, and electrolytes that have been tried and trusted throughout history.\*

While immune support supplements are often taken preventatively, they can also offer immune support during phases of increased oxidative stress.\*

When looking for immune supplements, be sure to choose nutrients in bioavailable forms from brands that maintain rigorous testing standards to ensure that you are actually getting what is stated on the supplement label.\*

While many supplements can provide immune support, few have the superior qualities of the following four made by *Vital Nutrients*: **ALLER-C®**, **ViraCon**, **NAC (N-Acetyl-Cysteine)**, and **Quercetin**.\*

Now, let's dive into what makes these particular immune supplements some of the most widely recommended and used today.\*

## Top 4 Immune Support Supplements\*

1. **ALLER-C® (Isoquercitrin, C, & Bioflavonoids)** by *Vital Nutrients* is a synergistic formula designed to support healthy respiratory and sinus function.\* It's the all-in-one seasonal support you've been looking for!\* Here's what's inside:
  - **EMIQ (Enzymatically Modified Isoquercitrin)**: *ALLER-C®* features Isoquercitrin, a clinically studied nutraceutical offering the benefits of quercetin with superior absorption and bioavailability.\* Isoquercitrin supports cellular antioxidant defenses and healthy histamine responses in the body.\*
  - **Bromelain**: This proteolytic enzyme is derived from pineapple and helps promote inflammatory balance.\* Bromelain has also been found to help support a healthy respiratory system.\*
  - **Vitamin C (ascorbic acid)**: Vitamin C is added to the formulation to help round out immune support and to help balance free radicals with antioxidant protection.\* Additional citrus bioflavonoids are added to help maintain and support capillary stability.\*
  - **To learn more about ALLER-C®, click here.**
2. **ViraCon** by *Vital Nutrients* contains a carefully curated combination of herbal extracts chosen for their ability to support the immune system's elegant complexity.\* These include elderberry, astragalus and hypericum extracts, and more.\* These herbs are known to support a balanced immune system response by facilitating the natural production of cytokines and other important immune factors.\* *ViraCon* also helps to support and maintain respiratory function.\* Additional ingredients in *ViraCon* include Zinc (as zinc citrate), Bee Propolis Extract, and Berberine HCl (*Berberis aristata*). Let's take a closer look at their health benefits:
  - **Zinc (as zinc citrate)** is one of the best forms of zinc for easy absorption.\* Zinc is an essential mineral utilized in many aspects of cellular metabolism.\* Zinc supplements may aid in supporting a healthy immune response during seasonal challenges by promoting healthy neutrophil, natural killer cell, and T-lymphocyte function.\*
  - **Bee Propolis Extract** is derived from honeybee hives and contains

antioxidant and inflammation-supporting properties.\* Bee propolis extract is also an excellent source of flavonoids, which aid in supporting healthy cellular antioxidant defenses in the body.\*

- **Berberine HCl** (*Berberis aristata*) belongs to the Berberidaceae plant family. It is a natural isoquinoline alkaloid with powerful antioxidant and inflammation-balancing properties, which further help in supporting healthy immune system function.\*
- **This popular supplement is a must-have for everyone's home. For the complete list of nutrients that make up *ViraCon*, click here.**

3. **NAC (N-Acetyl Cysteine)** provides 600mg of *NAC*, a precursor to the body's master antioxidant, glutathione.\* By supporting natural glutathione production, this widely-used supplement supports respiratory tract and immune system health.\* It also helps to support and maintain healthy sinus mucosal lining thickness and respiratory system function.\* By enhancing glutathione production in the body, *NAC* also helps detoxification.\*

- **For more information on *NAC*, click here.**

4. **Quercetin** has been studied as one of the most useful and physiologically active flavonoids.\* *Quercetin* helps support stable mast cells to promote inflammatory balance and sinus comfort.\* This popular bioflavonoid may support ideal enzymatic activity and physiologic factors necessary for healthy respiratory and sinus health.\* This can be helpful, particularly during seasonal respiratory challenges.\*

- **To learn more about the benefits of *Quercetin*, click here.**

Whether you're a patient or a health care provider, keeping these four immune support supplements on hand is essential.\* Most people only think about supporting their immune system during the cold weather months. But your immune system doesn't only work in the winter; it's busy and active all the time!

*Vital Nutrients'* meticulously crafted, clean, non-GMO immune support supplements are designed to support your immune system all year long.\* *Vital Nutrients* manufactures a professional line of supplements available through healthcare practitioners and directly to consumers.\* They offer an entire line of immune health supplements to suit anyone's needs.\* Each batch is tested for common allergens, purity, and potency – above and beyond industry standards.\*

Do you want more from your immune supplements?\* Shop *Vital Nutrients* immune health supplements **here**.\*