



Therapeutic Goal	Suggested Nutritional Bioactive ¹⁻⁹	
<p>Prevention/maintenance Support pillars of health (nutrition, stress management, sleep, movement) with lifestyle strategies and essential nutrients to promote immune health.</p>	<p>Essential bioactives to support immune health in the prevention and management of acute infections include:</p> <ul style="list-style-type: none"> • Vitamins A, C, D <p>Note: Therapeutic doses of vitamins A, C, and D as well as minerals, selenium and zinc, may be achieved from a good-quality multivitamin.</p>	<ul style="list-style-type: none"> • Selenium • Zinc • Probiotics • Omega-3 fatty acids
<p>Support membrane integrity Membranes (i.e. skin, mucous membranes, GI tract) of the external and internal surfaces of the body are the immune system's first lines of defense. Providing essential and targeted nutrients may help optimize barrier structure and function.</p>	<ul style="list-style-type: none"> • N-acetyl cysteine (NAC) • Quercetin 	<ul style="list-style-type: none"> • Vitamins A, C, D • Zinc
<p>Promote microbiome health A diverse microbiome may enhance and support a balanced immune response.</p>	<ul style="list-style-type: none"> • Fibre • Probiotics 	
<p>Modulate inflammatory response An exaggerated inflammatory response may contribute to a dysregulated immune response. Targeted nutrients may help modulate the NLRP3 inflammasome activation, enhance repair mechanisms, and support resolution.</p>	<ul style="list-style-type: none"> • Curcumin • Epigallocatechin gallate (EGCG) • Melatonin • NAC • Omega-3 fatty acids 	<ul style="list-style-type: none"> • Quercetin • Specialized pro-resolving mediators (SPMs) • Vitamin D
<p>Reduce oxidative stress Nutrients may support antioxidant capacity, contributing to a reduced oxidative burst and support for innate immune-cell proliferation and function.</p>	<ul style="list-style-type: none"> • EGCG • Medicinal mushrooms • NAC 	<ul style="list-style-type: none"> • Vitamins A, C
<p>Support innate immune cells Provide supportive nutrients for the proliferation and function of innate immune cells (i.e. NK cells, macrophages, neutrophils).</p>	<ul style="list-style-type: none"> • <i>Andrographis paniculata</i> • Medicinal mushrooms 	<ul style="list-style-type: none"> • Vitamins A, C, D
<p>Support humoral immunity Consider nutrients that support the production and function of antibodies.</p>	<ul style="list-style-type: none"> • Vitamins A, C, D • Zinc 	
<p>Support cell-mediated immunity Enhance the immunologic functions of Th1 cells and provide antimicrobial action with targeted nutrients.</p>	<ul style="list-style-type: none"> • Berberine • <i>Perilla frutescens</i> • Selenium 	<ul style="list-style-type: none"> • <i>Thymus vulgaris</i> • Vitamins A, C, D • Zinc

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