

HEALTH

IMMUNE SUPPLEMENTS TO BUY NOW TO GET HEALTHIER FOR WINTER AHEAD OF A COVID 2ND WAVE

September 16th 2020 / Melanie Macleod / O comment



WHY ONE TOP DOCTOR SAYS WE SHOULD ALL START TAKING IMMUNE-BOOSTING SUPPLEMENTS NOW. THESE ARE THE CAPSULES GUMMIES AND LIQUIDS OUR EXPERTS RECOMMEND

GP and founder of supplements brand <u>Zenii</u>, Dr Johanna Ward adds: "Your immune system relies on a good intake of micronutrients to remain resilient and robust. A well-formulated immune supplement will help support the immense work that the immune system does each and every day in the name of health."

WHAT TO LOOK FOR IN IMMUNE-BOOSTING SUPPLEMENTS

There is a whole host of ingredients to look for in supplements to help with your immune system. Dr Johanna points out: "A good immune supplement should offer the key immune supporting vitamins and minerals such as vitamin C, vitamin D, vitamin E, zinc and magnesium as well as some gut supporting probiotics. I also seek out beneficial herbal ingredients such as turmeric, cayenne, garlic and mushroom that show a lot of emerging evidence for supporting immune function and white cell defence."

IMMUNE DEFENCE BY ZENII, £45 FOR 60 CAPSULES



This blend is Dr Sophie's pick and it was created by Dr Johanna Ward after her own experience of falling seriously ill with Covid 19 in March and suffering the after-effects for many months. Jo wanted to create a high-performance food supplement that blends immune-supporting vitamins, minerals, herbs and probiotics to help overtaxed or exhausted immune systems to help create maximum resilience.

The tablets are packed with vitamins, minerals, probiotics and natural immune-boosting herbs and compounds; as well as the more obvious ingredients such as zinc, vitamin D and vitamin C, they are fortified with probiotic lactobacillus acidophilus, the powerful antioxidant selenium as well as herbs such as turmeric, rishi mushroom, aged garlic, ginger and cayenne.

<u>Buy now</u>