

Belly good drink

An unhealthy gut can prevent your immune system working at its best, leaving you more prone to infections. Support gut health with fermented drinks, such as kombucha. It contains natural probiotics to help feed the good bugs in your belly, where most of your immune system resides and is also packed with antioxidants, polyphenols and flavonoids, which offer extra immune support! Try **Fix8 Kombucha** (£18 for 6, fix8.com).



SUPER SPICE
Often known as “golden milk”, turmeric chai has long been used for its immune-improving properties. Curcumin, the active ingredient in turmeric, has strong antioxidant properties. Try **Tea India Turmeric Chai** (£2.50, waitrose.com).

70% ...how much of your immune system lives in your gut!*

MATCHA MATCHA!

The green tea known as matcha is rich in antioxidants and can help support your body’s immune system, neutralising harmful free radicals. Try **Enso Everyday Matcha** (£12.99, ensomatcha.co.uk), made from high-quality matcha from Japan. Enjoy it with hot or cold water, or use it in smoothies, lattes or even baking.



3 OF THE BEST immunity supplements

In need of an extra vitamin C boost? Each sachet of **Altrient C** (£39.99, abundanceandhealth.co.uk) provides a whopping 1,000mg. Best of all, it’s easily absorbed into your body thanks to being encased in lipids, whereas powdered forms of vitamin C, i.e. ascorbic acid and the like, can go straight through.



All-in-one immunity supplement **ZENii Immune Defence** (£45, zenii.co.uk) combines a range of ingredients to support immune function, like zinc, vitamins D and C, probiotic lactobacillus acidophilus and antioxidant mineral selenium. It’s also fortified with a range of natural herbs and spices including turmeric, reishi mushroom, aged garlic, ginger and cayenne.



Did you know blackcurrants contain four times more vitamin C than oranges? Try the **CurraNZ Blackcurrant Supplements** (£29 for 30 capsules, curranz.com), which are made solely from 100 per cent natural New Zealand blackcurrants. Each potent capsule contains 300mg of blackcurrant extract, while the whole box contains around 2500 blackcurrants!



*STAT VIA HEALTHLINE.COM