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Immunity Boosters

There is actually, no one magical food that can boost your immunity indefinitely. One should take a variety of foods to promote health and well-being. There are naturally occurring phytochemicals that may reduce any damage caused to cells, through various mechanisms to protect against cancer and oxidative damages. Phytochemicals are naturally occurring substances that are found in food and are touted to be able to boost the immune system. However, clinical trials have yet to establish the dosage and effect. Therefore, you are encouraged to eat a variety of foods to obtain maximum benefits for good health.

Here is a list of functional foods that are purported to provide you with a stronger immunity.

Immune Booster	Claims	Source
Vitamin A	<ul style="list-style-type: none"> Enhances the function of white blood cells and their ability to fight infection. Protects cell membranes from oxidation. <ul style="list-style-type: none"> Oxidation is the process of substances combining with oxygen or the removal of hydrogen. This can disrupt healthy cell function and can increase our susceptibility to cell damage, resulting in poorer immunity. Builds up resistance to infection. 	Milk, eggs, fruits, vegetables, wheatgerm, sunflower oils, nuts and seeds.
Vitamin C	<ul style="list-style-type: none"> Enhances immunity, promotes healing of wounds and reduces oxidative damage. 	Fruits and vegetables.
Vitamin E	<ul style="list-style-type: none"> Protects against oxidative damages. 	Sunflower seeds, nuts, wholegrains and wheatgerm.
Beta-Carotene	<ul style="list-style-type: none"> Able to enhance immunity. 	Yellow/orange/red fruits and vegetables.
Lycopene	<ul style="list-style-type: none"> Able to reduce oxidative damage. 	Tomatoes.
Selenium	<ul style="list-style-type: none"> Works in combination with Vitamins C and E. Enhances immune response. 	Seafood, lean meat and wholegrains.
Zinc	<ul style="list-style-type: none"> Prevents free radicals from forming peroxides. <ul style="list-style-type: none"> Free radicals are highly reactive compounds that can destroy the structure of proteins, fats and nucleic acids. Peroxides are harmful substances that are toxic to humans. Enhances resistance to infections. However, an overdose of zinc may suppress immunity. 	Oysters, shellfish, lean meat, fish, chicken, fortified cereals, wholegrains and nuts.