

Clinical studies have shown the following natural supplements effective for maintaining a healthy immune system:



Andrographis Extract

Andrographis extract is an ancient herb that has been used in Ayurveda and Traditional Chinese Medicine for centuries for [many chronic diseases and acute ailments](#), including cancer, diabetes, high blood pressure, skin diseases, upset stomach, and influenza. Researchers have identified many of the properties of Andrographis extract that help support the immune system and relieve symptoms. Some of the most essential conclusions of research on the effects of Andrographis extract include:

- Combats the symptoms of [respiratory infections](#), the common cold, earaches, throat infections, and [other viral illnesses](#).
- May protect you from [contracting the common cold](#).
- May [reduce the intensity](#) of the common cold.
- Supports the [adaptive immune response](#).

Many of the immune-supporting properties of Andrographis extract are due to the high concentration of andrographolide lactones found in the plant. These lactones stimulate the immune system and have potent antiviral, anti-allergic, anti-diarrheal, hypoglycemic, and anti-inflammatory effects.



Siberian Ginseng

Siberian ginseng, whose scientific name is *Eleutherococcus senticosus*, is best known for its ability to [support immune system response](#) and its [anti-cancer activity](#).

Some of the research conclusions that support the use of Siberian ginseng for immune health are as follows:

- Increases the number of [T lymphocyte cells](#), which are essential elements of the body's adaptive immune system.
- Reduces [swelling and inflammation](#).
- Boosts the function of [Andrographis extract](#).

Siberian ginseng is useful for supporting the immune system because of its strong and stable antiviral properties, including preventing virus multiplication.



Elderberry Extract

Elderberry extract is one of the best-known natural remedies against infections [across the globe](#).

Some of the most research benefits of elderberry extract for the immune system include:

- Reduces [flu symptoms and duration](#).
- Combats [cold viruses](#).
- May fight [coronaviruses](#).

Elderberry extract has been researched in the lab for centuries, and scientists have identified multiple properties that are to credit for the herb's immune-supporting effects. It has explicit [antiviral activities](#), even inhibiting the replications of certain viral strains.

It also has a [potent antioxidant profile](#), which explains its ability to eliminate free radicals that could damage immune cells. Additionally, elderberries have properties that [prevent the replication](#) of certain types of bacteria in the body.



Vitamin A

[Vitamin A](#) is a vital component for immune system development and maintenance. Vitamin A has confirmed [anti-inflammatory capabilities](#) and can boost immunity. Some of the most recent research has confirmed that vitamin A may:

- Improve the way our bodies respond to infectious diseases, with some studies showing that it may reduce the mortality of [measles](#) and [diarrhea](#) in populations with malnutrition.
- Supports the strength and integrity of [skin and tissue surfaces](#), and supplementation can help improve the intestinal health of children with [infections and nutritional deficiency](#)

Vitamin A likely works to [boost immune health](#) in many ways, including supporting the production of cells that are part of the adaptive immune system, including T-cells, antibodies, and antigens.



Vitamin D

Most people know of vitamin D as a nutrient that [supports bone health](#). While this is true, it is also essential for [immune health](#). In fact, before the invention of effective antibiotics, vitamin D was used to support immune response. Scientists know a lot about the role of vitamin D in immune response. Vitamin D:

- Contributes to [immune functioning](#): in populations with vitamin D deficiency, there are [higher risks](#) of some types of infection.
- Modulates [adaptive immune](#) response cells. In people with autoimmune diseases, vitamin D has a vital role in supporting the healthy activity of B cells and T cells, which are the main response cells of the adaptive immune system.

Vitamin D is an essential component of [several vital cells](#) in the immune system. Its presence supports the physical barrier of cells in the immune system and supports the capacity of immune cells to eliminate pathogenic cells through a process called [phagocytosis](#).



Vitamin C

[Vitamin C](#) is one of the best-known nutrients known to support the immune system. It is essential for the healthy functioning of immune cells. Yet, since vitamin C deficiency is relatively common, most people's immune response is also depleted.

Some of the research-backed benefits of vitamin C for the immune system include:

- Improvements in infectious disease symptoms, including in people with [recurrent infections](#).
- Supports critical [activities of immune cells](#), from the structure of immune cells to their effective function.



Zinc

Zinc is essential for both [innate and adaptive immunity](#). It is crucial for [stabilizing cell membranes](#), including the membranes of cells that are exposed to pathogens. Zinc also has [antioxidant functions](#) that scavenge substances that can damage cells. Some of the leading research findings of the role of zinc in the immune system include:

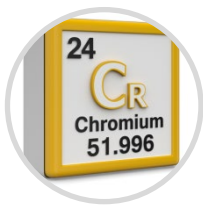
- Implicated in [infectious diseases](#): people with infectious diseases like HIV, tuberculosis, and pneumonia are more at risk of having a zinc deficiency. Deficiencies of zinc are also linked to excessive inflammation and poor outcomes, and zinc supplementation has an essential role in [preventing complications](#).
- Supports healthy [immune cell function](#): Zinc is vital to the healthy functioning of several immune cells of the innate and adaptive immune systems, and zinc deficiency interrupts the function and multiplication of healthy cells.
- Helps to eliminate pathogens due to [zinc's antioxidant](#) properties and due to its ability to signal dangerous cells.
- Regulates [anti-inflammatory function](#) by controlling exaggerated immune responses while signaling immune cells when an inflammatory response is appropriate.



Biotin

Biotin (vitamin B7) is best known for its role in supporting [hair and nail health](#), but it is also indispensable for [immune functioning](#). Some of biotin's roles in supporting immune health include:

- Supporting the normal functioning of [adaptive immunity](#), including the generation of cells called [cytotoxic T lymphocytes](#).
- Critical for the makeup of adaptive [immune B and T cells](#)



Chromium

Even though humans only need chromium in trace amounts, it is not easy to obtain in significant amounts in [commonly consumed foods](#). [Deficiencies in chromium](#) are associated with a range of chronic diseases and metabolic deficiencies that influence immune health. Research has shown that chromium deficiencies influence immune health by:

- Impacting [immune cell production](#), including that of T and B lymphocytes, macrophages, and cytokines.
- Helps to [regulate blood glucose](#). Since high blood glucose can alter the immune response, chromium could benefit the immune system in this manner.

Note: For these dietary supplements to be effective, they must be consumed at the doses shown to be effective in clinical studies.

For more information click on the following links:

White Paper Download: [Optimizing Immune Function Naturally](#)
Clinically proven natural alternatives for boosting immune function and preventing infection

[CLICK HERE](#) for the Effective Dosages of the 9 Immune Boosting Supplements Listed Below:

Zinc, Andrographis Extract, Elderberry Extract, Vitamin A, Vitamin D, Biotin (B-7), Vitamin C, Eleutherococcus Extract – Sibering, Ginseng, Chromium.