



HEALTH AWARENESS

Dietary Supplements Can Help Boost Immune System

(NAPSA)—The immune system is the body's first line of defense against colds and the flu, so it's important to keep it in optimal working order. However, the immune system can be compromised by a number of factors including the environment, free radicals, improper nutrition and lack of exercise. Additionally, some people, such as young children and the elderly, have weaker immune systems than others.

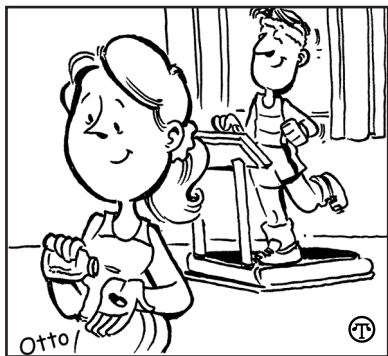
Fortunately, it may be possible to boost the immune system and its resistance to illness. For years, experts have touted the beneficial effects of dietary supplements on the immune system. Some supplements are designed to support immune activity and response year-round. In choosing a multi-vitamin, look for these types of ingredients:

- **Arabinogalactan**—A water-soluble polysaccharide found in foods such as carrots and radishes that increases the number and activity of immune fighting cells.

- **Beta Glucan**—A polysaccharide, found in the cell walls of yeast, which has been shown to increase immune cell activity.

- **Vitamins C and E**—As antioxidants, these vitamins have been clinically shown to help fight free-radical damage.

Experts have been reporting on the beneficial effects of vitamins C and E on the immune system for years. Both vitamins help combat pollution and may protect against other diseases: heart disease, stroke, arthritis, senility, diabetes and cancer.



Dietary supplements may be the key to staving off colds and flu.

- **Zinc**—Essential for maintaining an effective immune system. Without adequate zinc, the thymus gland, which oversees the workings of the immune system, becomes less active, resulting in decreased immune function.

- **Echinacea**—A popular herb used primarily to reduce the symptoms and duration of colds and flu-like illnesses as it is believed to work through short-term stimulation of the immune system.

- **Elderberry**—A plant which has been used for centuries to fight infections, coughs and skin conditions.

- **Selenium**—A trace mineral that is essential to good health as it helps regulate thyroid function and plays a role in the immune system due to its antioxidant properties.

One dietary supplement that may be helpful and contains all these ingredients is Immunity Booster from Twinlab. For more information, visit the Web site at www.twinlab.com.