

MICRONUTRIENTS & IMMUNE HEALTH



Help your athletes identify key sources of micronutrients and how they can impact immune health.

A healthy diet that meets the dietary requirements for micronutrients is important to maintain immune health. There are three micronutrients of importance for the immune system: Vitamin C, Vitamin D and Zinc.

	VITAMIN C	VITAMIN D	ZINC
DRI (MALE & FEMALE)	75-90 mg	600 IU	8-11 mg
FOOD SOURCES	<ul style="list-style-type: none"> Citrus fruits Cantaloupe Strawberries Red & green peppers Broccoli Spinach Green peas 	<ul style="list-style-type: none"> Fatty fish, including salmon, trout and mackerel** Fish liver oils** Mushrooms* Tilapia* Milk* 	<ul style="list-style-type: none"> Red meat Oysters Chickpeas Nuts Whole grains Fortified cereals
IMMUNE HEALTH IMPACT	<ul style="list-style-type: none"> Supports barrier against pathogens and promotes immune cell development 	<ul style="list-style-type: none"> Signals induction of anti-microbial peptides, preservation of epithelial function and decreased inflammatory cytokines 	<ul style="list-style-type: none"> DNA and RNA synthesis Antioxidant and anti-inflammatory functions
SPECIAL CONSIDERATION	<ul style="list-style-type: none"> Tissues are saturated at 100-200 mg Needs are increased during infection 	<ul style="list-style-type: none"> Common deficiency since foods are a moderately poor source Doses of 2000 IU can be considered a starting point if blood levels are unknown 	<ul style="list-style-type: none"> No data to support the prevention of upper respiratory tract infection Avoid high dose supplements unless ill

**Higher amounts of Vitamin D

*Lower amounts of Vitamin D

