Key Nutrients to Boost Your Immune System During the Pandemic

First, higher intakes of specific nutrients appear to boost the immune system, while low intakes lead to less effective immune responses and higher susceptibility to infection. Stronger immune systems can help people fight the virus, and may help keep some patients out of the hospital, leaving room for those in most dire need. Nutrients that may help the immune response include micronutrients like zinc, selenium, iron, and vitamins A, C, D, E, B-6, and folate; with additional potentially promising effects of whole foods like goji berry, broccoli, green tea, and turmeric. Some of these nutrients may help to reduce excess inflammation and tissue damage caused by the virus that can lead to severe lung injury and failure and even death.