

# immunity intelligence:

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**six ways** to support your child's **immune** system.  
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 Teach your child the importance of washing hands.  
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 Make sure your child gets enough sleep every night.  
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 Make sure your child gets enough water.  
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nutraMetrix DNA Miracles Isotonix® Immune  
**6942NM**



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 Ensure that your child is eating fruits and veggies.  
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 Get some fresh air! Let your child go outside and play.  
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 Make sure your child covers their sneezes and coughs.  
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## Your child should take supplements that include:



Wellmune®+ is a natural yeast beta glucan that promotes a healthy immune system.

Zinc is an essential trace mineral that supports the immune system.

Vitamin C is best known for its antioxidant properties and must be obtained through diet or supplementation.

**SOURCES:**

1. <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>  
 2. <https://www.ft.org/news-and-publications/food-technology-magazine/issues/2018/january/columns/nutraceuticals-ingredients-for-immune-health>

3. <https://www.ncbi.nlm.nih.gov/pubmed/9701160>  
 4. <https://drwillcole.com/definitive-guide-boosting-vitamin-d/>  
 5. <https://www.ouh.nhs.uk/patient-guide/leaflets/files/120806fluidmanagement.pdf>

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