

Immune Boosting Foods

- ✓ Turmeric
- ✓ Green tea
- ✓ Yogurt
- ✓ Broccoli
- ✓ Garlic
- ✓ Ginger
- ✓ Tropical fruits like kiwi + papaya
- ✓ Sunflower seeds
- ✓ Spinach
- ✓ Almonds

- ✓ Mushrooms
- ✓ Watermelon
- ✓ Sweet Potatoes
- ✓ Miso
- ✓ Pomegranate

Immune Boosting Supplements

- ✓ Zinc
- ✓ Vitamins B, C, D, & E
- ✓ Echinacea
- ✓ Elderberry
- ✓ Medicinal mushrooms

- ✓ Astragalus
- ✓ Garlic supplements
- ✓ Licorice root
- ✓ Probiotics



tothecore
PILATES STUDIO