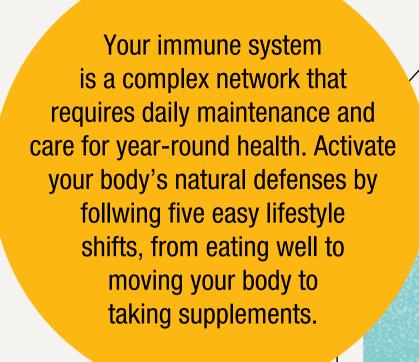
5 WAYS TO SUPPORT YOUR

IMUNE SYSTEM

THIS WINTER

Simple everyday tips to help support year-round health



Move your body on a daily basis to maintain cardiovascular health, blood pressure, and overall strength. In addition to building your muscles and endurance, routine exercise releases stress hormones that can otherwise accumulate and negatively impact your health. Make time every day for a walk, run, ride, yoga, or other type of movement.

Get a good night's rest to allow your body a full recharge before the next Limit screen time, draw the blackout curtains, and follow a regular schedule

day's activities. When your body works overtime, your immune system gets tired. to ensure sufficient sleep, as close to eight hours as possible.



Pet a dog to increase your dopamine levels and the antibody found in saliva called immunoglobulin A, which studies show are both important to daily immune support. Any type of positive connection, espeically with a loving pet, provides the psychological benefit of relieving stress. Spend some extra time snuggling to stimulate immunity.

Eat your fruits and veggies,

which are packed with antioxidants, fiber, vitamins, and minerals. Studies show that eating a diet high in vitamin C, vitamin E, zinc, and beta-carotene can nurture immune function. Plus, antioxidants relieve oxidative stress, an imbalance in the body. Make a smoothie, salad, bowl, or all of the above with your plant-based favorites.



Take your supplements with postbiotics, like Airborne **Advanced with Betaboost** (EpiCor® postbiotic), and Vitamin C, which acts like a multivitamin for your immune system. The 2-in-1 supplement supports healthy immune cells, is powered by antioxidant-rich vitamin C which helps support against free radicals and oxidative stressors. As a tasty, citrus-flavored chewable tablet, Airborne Advanced can be taken whenever you need extra immune support.

