



3 NUTRIENTS TO SUPPORT YOUR IMMUNE SYSTEM

Taking good care of your body allows your body to take good care of you. Beyond eating a healthy diet to help support your body, it's important to get the nutrients you need to support your immune system. Many vitamins and minerals are essential for health, but here are a few that play key roles.

1. VITAMIN D

Vitamin D supports your immune system, and unlike other nutrients, can be produced by the body when sunlight touches the skin.* As well as from the sun, you'll be glad to know that you can also get it from eating foods like fatty fish, egg yolks, and cow's milk.

These **vitafusion**[™] gummies can also provide a daily dose of the sunshine vitamin you're looking for:

- **Vitamin D3:** Each serving provides 50 mcg of Vitamin D3 in a blend of yummy peach and berry flavors.
- **Extra Strength D3:** This delectable strawberry flavor gummy vitamin offers 375% of the recommended daily value of Vitamin D3 per serving.

2. VITAMIN C

Vitamin C is an antioxidant that supports immune health.* Antioxidants help fight free radicals, which are naturally produced by our bodies.* While many exclusively think of citrus fruits when it comes to Vitamin C, it is also found in mangoes, broccoli, bell peppers, and winter squashes.

These **vitafusion** gummies contain vitamin C and are bursting with delicious citrus flavor:

- **Power C:** A serving of these orange-flavored gummies provides over 300% of the Daily Value of Vitamin C.
- **Power C Extra Strength:** These delicious, tropical citrus-flavored gummies provide 500 mg of Vitamin C in every serving.

3. ZINC

Zinc is an essential mineral that supports immune health and provides cell support.* It can be found in foods like shellfish, a wide variety of meats and poultry, beans, cheeses, and nuts.

If you're looking for a gummy vitamin with zinc, try **vitafusion Power Zinc**. It's a delicious, strawberry-tangerine flavored gummy containing high potency zinc in each serving for immune support* plus vitamin C.

ELDERBERRY, TOO!

Elderberry isn't a vitamin or mineral. Actually, it's a dark purple berry from the European or Black Elder tree. Historically, elderberry has been used to support the immune system.*

vitafusion Elderberry gummies offer 225 mg of elderberry juice from concentrate per serving, along with vitamins C and D in a delicious natural berry flavor.

IMMUNE SUPPORT AND MORE

Not only are there single-nutrient supplements like vitamin D, vitamin C, and zinc, but there are multivitamin supplements available with these nutrients that can help support your immune system.*

Vitafusion gummy vitamins taste great and are convenient to take, with no large pills to swallow. These options help support your immune system* and more:

- **Multi + Immune:** Combines the benefits of a daily multivitamin and support for your immune system in one fantastic strawberry-tangerine flavor serving.*
- **Triple Immune Power:** Contains RenewX™ Prebiotic, which nourishes the digestive tract with zinc and vitamin D for immune support in an elderberry and lemon flavor.*

Making sure your diet is varied and balanced as well as getting enough sleep and physical activity also helps support your immune system. **Vitafusion** gummy vitamins support you so you can take on your day!

Brought to you by the **vitafusion**™ nutrition experts.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.