



# Immune support\*

## What does your child's immune system do, and why is it important?

Your child's immune system is their first line of defense in keeping the body healthy. It's made up of different organs, cells, and proteins that work together. Like other parts of your child's growing body, their immune system is still developing—which means it's important to give it support while it grows.

## These nutrients can help your child's immune system stay strong\*:

- **Vitamin A:** Supports vision, healthy skin growth, and the immune system.\* Found in carrots, sweet potatoes, and cantaloupe.
- **Vitamin C:** An antioxidant which helps keep skin, the body's defensive barrier, strong.\* Found in fruits like oranges, grapefruit, and strawberries.
- **Vitamin D:** Helps the immune system work smoothly.\* Found in fortified milk or orange juice.
- **Vitamin E:** An antioxidant that supports the immune system by protecting cells from oxidative damage.\* Found in fruits and vegetables.
- **Zinc:** Helps your child's immune system do its job.\* Found in meat, beans, and nuts.
- **Probiotics:** Good bacteria that support healthy digestive and immune systems.\* Found in yogurt, apple cider vinegar, and pickles.

### Here are some other ways to help keep your child healthy all year long:

- Remind them to wash hands often
- Encourage healthy sleep habits
- Make sure they get lots of exercise
- Consider a vitamin or probiotic supplement

## The immune support\* gummies for growing kids



Help keep your child going strong all year long\* with our Children's Immune Support Gummies.

Made with immune-supporting\* vitamins A, C, D, and E, as well as zinc and real elderberry extract.



For immune support with added nutrients,\* try our Children's Complete Multi-vitamin + Immune gummies.

An excellent source of 12 essential vitamins and minerals including A, C, D3, zinc, and our vitamin B complex.

### DID YOU KNOW?

Elderberries provide antioxidants, which help keep the body's cells healthy by preventing oxidative damage.\*



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\*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.