

WHAT TO EAT WHEN YOU'RE SICK

YOUR GUT

The digestive system contains over 70% of your immunity. It needs plenty of nutrients, so if your diet is poor, you'll get sick more often.

70%

BALANCE YOUR GOOD BACTERIA

Prebiotic & probiotic foods help build healthy bacteria. If you're already sick, consider supplements.

Prebiotics: 2-3 servings/day
Probiotics: 1-2 servings/day

FOODS THAT SPEED RECOVERY

Help fight germs & improve symptoms to help you feel better faster



SUPPLEMENTATION MAY HELP

Vitamin C
Zinc
Elderberry Extract
Ginseng
Quercetin
Beta-glucan
Stevia
Selenium

STAY-HEALTHY PRIORITIES

Science hasn't confirmed whether or not, "feed a cold, starve a fever" actually works. Follow these stay-healthy priorities instead:

- Drink lots of fluids
- Rest & recover
- Eat if you're hungry
- Focus on immune boosting foods
- Supplement with pre- & probiotic foods
- Use immune-boosting supplements