



# IMMUNITY BOOSTERS

## Why is my child falling ill so frequently?

A child's immune system is naïve to common viruses in the first few years of life. Exposures in community settings such as childcare, play areas or common areas predispose children to falling ill frequently. The most common childhood illnesses include viral upper respiratory tract infections and viral gastroenteritis.

It is not uncommon for children who begin community exposures to develop viral infections once every month for the first 1-2 years with infections taking 1-2 weeks to fully clear.

Thereafter with sufficient exposures, the immune system would have built up sufficient immune memory for children to fall ill less frequently.



## How can I help my child during this natural process?

- Boost natural vitamins and antioxidants by ensuring a well balanced diet rich in fruits and vegetables.
- Consider natural probiotics like yoghurts or other fermented foods to help maintain a good gut immune system.
- Start teaching and reinforcing hand washing and hygiene from a young toddler age.
- Increase outdoor exposures in nature and minimize pristine cleaning within the household environment to help build the immune system.



Other supplements which may be considered to boost the immune system and to reduce duration and severity of viral infections due to anti-viral properties.



- **Immuned** or equivalent containing Vitamin C 100mg with Zinc once daily
- **Sambucol Kids Elderberry**, follow age recommended dose once daily
- Above 2 combined available as sambucol Immuno Forte in children 3 and above.
- **LactoGG Probiotic** 1 sachet daily
- **Vitamin D3** drops 400IU once daily