



Holistic Immunity Support Guide

We're often asked what our favorite holistic supplements are for supporting immunity—beyond the homeopathic remedies in our cold and flu store—for those looking to go above and beyond to boost immunity or for when there's a proclivity to colds and flus. To help answer that, we've compiled the following guide featuring nutrient-dense food recipes, whole-food supplements, and cell salts guidance—all designed to give your immune system the foundation it needs to stay strong year-round. Use code **REALVITALITY** to save on **Perfect Brand** products.

1. Immune-Boosting Recipes:

Soups, smoothies, broths and more.

2. Key Nutrients for Immune Health

- Zinc: An essential trace mineral for immune health
- Acerola Cherry: Beyond vitamin C
- Cod Liver Oil: Natural vitamin A and omega-3 fatty acids for immune and overall health.
- Mushrooms: Medicinal mushrooms support your immune response and recovery

3. Nutrient Dense Support:

Suggestions for maintaining a nutrient-dense diet using these Weston A. Price recommended whole foods.

4. Homeopathic Cell Salts

Gentle support for immune support and recovery.

- **Ferrum Phos (Iron Phosphate)** – Supports early-stage immune response to fatigue, mild fever, or inflammation. Can also be taken during flu season to boost immunity. Take 1–2 tablets several times a day (or add to water and sip) throughout flu season as needed.
- **Calc Phos (Calcium Phosphate)** – Supports recovery and rebuilding of tissues after illness. Take 1–2 tablets several times a day (or add to water and sip). Use for 1–2 weeks following illness or until energy and strength are restored.
- All 12 cell salts are available in the **Real Vitality Cell Salt Kit**