



**Vital**  
Nutrition

# Immune Support

In these unprecedented times it's more important than ever to take care of yourself & the ones around you and good nutrition is essential to a strong immune system.

Our **Vital Nutrition for Immune Support** session gives you the lowdown on how to help protect yourself against infection and boost your immunity with simple and practical advice.

**Join us to discover:**

- Simple and practical advice on how nutritional therapy can help support your immune system.
- Discover what foods can help protect us against coughs, colds, flus and bugs.
- How to choose effective supplements to support your defence against illness.
- Lifestyle ideas to help keep you well.

**Get in touch**

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