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The Well-Fed Immune System

The immune system is a protective network of cells and biomolecules acting in synchrony to recognize potentially harmful agents such as bacteria, viruses, toxins or cancer cells and eliminate them. In general, immune status represents a sensitive indicator of micronutrient supply and conversely, the activity of the immune system has an effect on the status of and requirements for nutrients. This talk will focus on optimal intakes of the vitamins, minerals and other essential nutrients for optimal immunity with special reference to requirements for vitamin D and magnesium.