Dietary Supplements: Are They Helpful for Immune Function and Infectious Diseases?

New ODS Fact Sheet Now Available

'Tis the season…to catch colds! While your daily food choices provide vitamins, minerals, and other nutrients that support your immune system and reduce risk of infection, you may be curious about dietary supplements. From vitamin A and andrographis to omega-3s and zinc, our new fact sheet reviews the effectiveness and safety of 16 vitamins, minerals, botanicals, and other ingredients for immune function and infectious diseases.

See this fact sheet in versions for health professionals and consumers in English and Spanish.