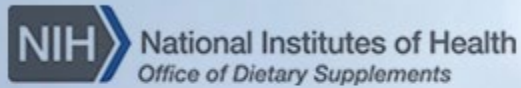


## Just the Facts

National Institutes of Health (NIH) Office of Dietary Supplements (ODS) sent this bulletin at 01/09/2024 10:01 AM EST

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# Just the Facts



January 9, 2024

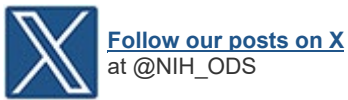
## Dietary Supplements: Are They Helpful for Immune Function and Infectious Diseases?

*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](#).



### About ODS

The [Office of Dietary Supplements \(ODS\)](#) is part of the National Institutes of Health (NIH), the nation's medical research agency—supporting scientific studies that turn discovery into health.

## **Contact Us**

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