

Immune System Market Report

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News: Vitamin D supplementation a key factor in COVID-19 severity

15-May-2020 By Nikki Hancocks

The scientific evidence supporting the use of vitamin D to help fight COVID-19 continues to build as researchers in Dublin call on the Irish government to change its supplement recommendations.

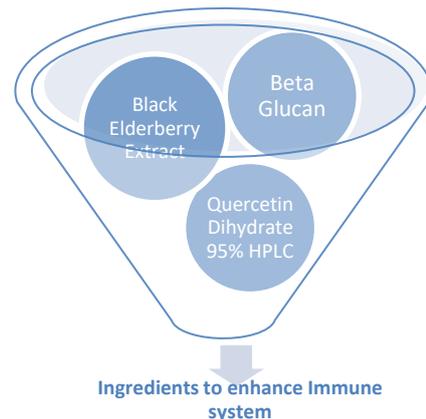
Dr Eamon Laird and Prof Rose Anne Kenny, from the School of Medicine at Trinity College Dublin and part of the TILDA team, alongside Professor Jon Rhodes at University of Liverpool, analyzed all European adult population studies, completed since 1999, which measured vitamin D and all that compared vitamin D with death rates from COVID-19.

In their report, published in the Irish Medical Journal, they point out that Vitamin D can support the immune system through a number of immune pathways involved in fighting SARS2COV and many recent studies confirm the pivotal role of Vitamin D in viral infections.

Ingredients4u suggests people to make necessary self-protection including maintaining basic hand and respiratory hygiene, adhering to safe dietary habits, and avoiding close contact with anyone who shows symptoms of respiratory diseases (such as coughing and sneezing) as much as possible.



Besides self-protection, Ingredients4u also suggests people to take necessary supplement in order to enhance immune system. Rather than Vitamin series which suffers from tight supply in last 3 months, there are also lots of other ingredients that show excellent performance in enhancing people's immune system:



Black Elderberry Extract:

Elderberry is a kind of herbal medicine that can treat a variety of diseases. Flavonoids in Elderberry extract can enhance the immunity of the person who take it. It has been shown to help prevent viruses that attack human cells. Because of these properties, it is often used to treat colds and flu, as well as other types of infections. Many people report that taking elderberry recovers more quickly and has milder symptoms during the illness.

Beta Glucan:

Today we have a variety of beta-glucans to choose from, such as fungal sources (yeast, mushrooms), grain sources (oats, barley) and so on. It should be noted, however, that not every beta glucan has the effect of stimulating an immune response. And that's one of the reasons why beta glucan is more precious. Beta glucan acts as a "flagman" (academically known as "pathogen-related molecular pattern PAMP") in the discovery of pathogens. In addition to being easily identified by immune cells and inducing an immune response, beta glucan has a special skill of inducing "immune army" such as macrophages and dendritic cells to produce cytokines such as chemokine to better complete the initiation of the immune response.

Quercetin Dihydrate:

In a number of studies, the effects of quercetin have been shown in the control of heart disease and lung cancer. Epidemiological studies have shown that eating large amounts of apples protects patients from asthma, and quercetin may be the main cause. Quercetin works so well for asthma (and inflammation) because of a cell in the body, fat cells. Fat cells are the cause of many serious symptoms during an allergy or asthma attack. Quercetin stabilizes fat cells and keeps them quiet.



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