

Video: Can supplements boost your immunity?

May 5 2020



Credit: CC0 Public Domain

Can supplements boost my immunity? People are worried about COVID-19, so it's only natural to seek out something that might give you an edge, like over-the-counter supplements.

In this [video](#), CIDD head Dr. Elizabeth McGraw discusses the efficacy of supplements, and offers a few tips for things that could actually help.

Provided by Pennsylvania State University

Citation: Video: Can supplements boost your immunity? (2020, May 5) retrieved 5 May 2024 from <https://medicalxpress.com/news/2020-05-video-supplements-boost-immunity.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--