



Click this link to return to cza marketing website:

<https://www.czamarketing.co.za/index.htm>

## **VACCINATIONS**

### **ZINC (zn)**

*Benefits to your immune system*

- Immune Cells – Imperative for the development and function of cells mediating immunity.  
[LINK – https://academic.oup.com/ajcn/article/68/2/4475/4648668](https://academic.oup.com/ajcn/article/68/2/4475/4648668)
- Respiratory Infection – Zinc can reduce the amount of acute lower respiratory infections by as much as 45%.  
[LINK – medicinenews.com/articles/263176](https://www.medicinenews.com/articles/263176)
- Common Cold – Decreases duration of the common cold by as much as 30%.  
[LINK – https://www.sciencedirect.com/science/article/pii/S1568997214002808](https://www.sciencedirect.com/science/article/pii/S1568997214002808)

### **VITAMIN D3 (cholecalciferol)**

*Benefits of Vitamin D3*

- Supports immune system.  
[LINK – healthline.com/health/food-nutrition/benefits-vitamin-d#fights-disease](https://www.healthline.com/health/food-nutrition/benefits-vitamin-d#fights-disease)
- Supports lung function.  
[LINK – ncbi.nlm.nih.gov/pmc/articles/PMC3356951.](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC3356951/)
- Reduces risks of the flu.  
[LINK – cebm.net/covid-19/vitamin-d-a-rapid-review-of-the-evidence-for-treatment-or-prevention-in-covid-19/](https://www.cebm.net/covid-19/vitamin-d-a-rapid-review-of-the-evidence-for-treatment-or-prevention-in-covid-19/)

### **ECHINACAE**

*Benefits of Echinacae.*

- Helps to prevent bacterial and viral infections.  
[LINK – ncbi.nlm.nih.gov/pmc/articles/PMC4441164](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC4441164/)
- Boosts immunity and prevents cancer.  
[LINK – integrativepro.com/Resources/Integrative-Blog/2017/Echinacea-Benefits-Dosing](https://www.integrativepro.com/Resources/Integrative-Blog/2017/Echinacea-Benefits-Dosing)
- Helps to heal respiratory conditions such as bronchitis.  
[LINK – medicalnewstoday.com/articles/252684#possible-benefits](https://www.medicalnewstoday.com/articles/252684#possible-benefits)

### **VITAMIN C**

*Benefits of Vitamin C.*

- Provides strong immune defense (FLU & COLD).  
[LINK-medicalnewstoday.com/articles/219352#sources\\_and\\_requirements.](https://www.medicalnewstoday.com/articles/219352#sources_and_requirements)
- Protects memory and thinking as one ages.  
[LINK – healthline.com/nutrition/vitamin-c-benefits#11.](https://www.healthline.com/nutrition/vitamin-c-benefits#11)  
[LINK – ods.od.nih.gov/factsheets/Vitamin-C-Health-Professional/](https://ods.od.nih.gov/factsheets/Vitamin-C-Health-Professional/)

### **SELENIUM**

*Benefits of Selenium.*

- May [LINK](https://www.healthline.com/#1) protect against heart disease.  
[LINK – healthline.com/ #1](https://www.healthline.com/#1) Boosts immune nutrition/selenium-benefits system.  
[LINK – medicalnewstoday.com/articles/287842.](https://www.medicalnewstoday.com/articles/287842)
- May help reduce asthma symptoms.  
[LINK – webmd.com/a-to-z-guides/supplement-guide-selenium#1](https://www.webmd.com/a-to-z-guides/supplement-guide-selenium#1)  
[LINK – ods.od.nih.gov/factsheets/selenium-HealthProfessional/](https://ods.od.nih.gov/factsheets/selenium-HealthProfessional/)