

Vitamin D Status, Omega-3 Status & Vitamin C Intake on Colds and Flu (N=1,556)

■ Lower Vitamin D (<40 ng/ml),
Lower Omega-3 Index (<8%) &
Did not usually take vitamin C

■ Higher Vitamin D (≥40 ng/ml),
Higher Omega-3 Index (≥8%) &
Usually took vitamin C

