Factors Affecting Immune Function

Healthy immune function

Good nutritional status Essential micronutrients aid in the development, maintenance and expression of immune response



Lifestyle factors No stress, good food, moderate exercise, good sleeping habits

From birth: immunologic competence progresses rapidly

Suppress

Undernutrition Including deficiencies in specific micronutrients

Advancing age Immune dysregulation: reduction in cell-mediated immune response, longer inflammatory process

Lifestyle factors

Stress, poor nutrition and sleeping habits, crowded places, sedentary lifestyle, excessive exercise, frequent travelling, smoking, alcohol abuse

Environmental factors Reduced air quality: indoor or outdoor pollution, temperature changes

Pathogenic process and modified disease risk

Chart Date 3/6/20 ©2020 GrassrootsHealth Maggini et al, *Vitam Miner*, 2017.



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