

# Health & Nutrition Sciences

## 100% Juice and Immune Health

100% juice contains nutrients that are important in keeping the body's immune system functioning at its best.


Of course, different fruits and vegetables contain different nutrients so it's best to consume a variety of whole fruit, vegetables and 100% juices to ensure you're getting enough of each nutrient.



### How do the Nutrients from 100% Juice Support My Immune System?

**Vitamin  
A**


Vitamin A is an antioxidant that protects your cells from reactive oxygen species. It is important for the function of many cells that fight infection, including natural killer (NK) cells, macrophages and neutrophils.<sup>1</sup>



**Where is it found?**  
Carrot juice is an excellent source of vitamin A although other juices can also be fortified with vitamin A.

**Vitamin  
C**


Vitamin C is an antioxidant that helps heal wounds and is vital to many immune system functions including the production and function of white blood cells.<sup>2</sup>



**Where is it found?**  
Vitamin C is naturally high in citrus juices such as orange and grapefruit but many other juices are also fortified with vitamin C.

**Vitamin  
E**

Vitamin E is an antioxidant that is vital to many mechanisms supporting immune function.<sup>3</sup>



**Where is it found?**  
Vitamin E is found in vegetable juices that contain spinach and/or other green vegetables but other juices can also be fortified with vitamin E.

**References:**

1. Huang, Z., et al., Role of Vitamin A in the Immune System. J Clin Med, 2018. 7(9).
2. Carr, A.C. and S. Maggini, Vitamin C and Immune Function. Nutrients, 2017. 9(11).
3. Lee, G.Y. and S.N. Han, The Role of Vitamin E in Immunity. Nutrients, 2018. 10(11).