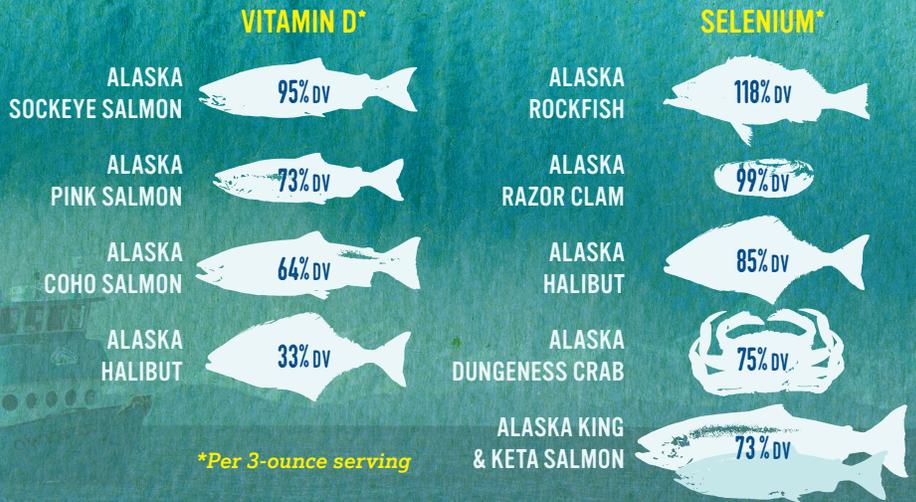
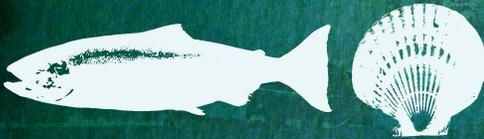


# Wild & ALASKA SEAFOOD IMMUNITY

The many nutrients in wild Alaska seafood are important building blocks for your body's immune system.

The immune system is a complex set of systems GREATLY IMPACTED BY ONE'S DIET.

The key elements to a healthy immune system are readily available in Alaska seafood.



## IMMUNITY-BUILDING NUTRIENTS IN SEAFOOD

**VITAMIN D** triggers antimicrobial peptide production when the body senses infection. Low vitamin D status, which is common in the United States, increases susceptibility to infection. Wild Alaska seafood is one of the few food sources of this nutrient that is so important for immune function. All Alaska salmon species, halibut, and rockfish are excellent sources.



**OMEGA-3 FATTY ACIDS** play an important role in downregulating the immune response and lowering inflammation after the body's immune system has performed its purpose. Species including salmon, sablefish, and many others are high in these vital fatty acids.



**VITAMIN A** plays a role in immune function and enhances the body's ability to resist infection. Alaska sea cucumber is an excellent source, and razor clams and rockfish are considered to be good sources.



**ZINC:** This critical nutrient defends against infections; zinc deficiency will often result in lowered immune function. Most people do not consume enough zinc and should consider increasing zinc-rich food sources in their diet. Alaska shellfish such as crab, clams, scallops, oysters and shrimp are rich in zinc.



**GLUTAMINE:** The most abundant amino acid in the body, glutamine is crucial for maintaining antioxidant status, intestinal health, and is known for powering immune cells. Alaska seafood is a good source of glutamine.



**SELENIUM:** One of the most crucial nutrients for immune function, selenium provides powerful antioxidant protection to the body, helping to reduce oxidative stress and minimize damaging free radicals. Wild Alaska seafood is one of the best food sources of selenium and many species are considered excellent sources.



**OTHER NUTRIENTS** to support immunity include Vitamin E, Vitamin C, prebiotics and probiotics and other antioxidants such as N-acetyl cysteine and alpha-lipoic acid.

Additional info here:

