

Immune & Anti-Inflammatory Supplements

Nutrients and botanicals that support everyday immune defense and help the body manage the inflammatory response.

Immune support

Antioxidant

Seasonal wellness

Recovery

70%

of immune tissue lines the gut, linking immunity to diet

~7

core nutrients with defined immune roles (A, C, D, E, B6, zinc, selenium)

1-2g

common daily vitamin C range in immune formulas

\$25B+

global immune-support supplement market, and growing

What this category covers

Immune and anti-inflammatory supplements bring together vitamins, minerals, and plant compounds that the immune system relies on to function normally and to keep inflammation balanced. Rather than 'boosting' immunity, well-formulated products aim to correct common shortfalls (such as low vitamin D or zinc) and supply antioxidants and botanicals that support a measured inflammatory response - the same process behind recovery from training, seasonal stress, and everyday wear and tear.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Vitamin C	200 mg - 2,000 mg	Antioxidant; supports immune cell function	Strong
Vitamin D3	1,000 - 4,000 IU	Immune modulation; most common deficiency	Strong
Zinc	8 - 40 mg	Immune cell development; shortens colds	Strong
Elderberry	300 - 600 mg ext.	Flavonoid antioxidant; seasonal support	Moderate
Curcumin (turmeric)	500 - 1,000 mg	Supports balanced inflammatory response	Moderate
Omega-3 (EPA/DHA)	1 - 3 g	Resolves inflammation; membrane health	Strong
Quercetin	250 - 500 mg	Flavonoid; antioxidant, zinc co-factor	Limited
Selenium	55 - 200 mcg	Antioxidant enzymes; immune defense	Moderate

How it helps

The category works along four connected pathways rather than a single 'boost.'



Everyday defense

Supplies nutrients (zinc, vitamins C & D) that immune cells need to develop and respond normally.



Antioxidant balance

Plant polyphenols and vitamins C/E help neutralize free radicals produced during immune activity.



Inflammation management

Omega-3s and curcumin support the body's ability to resolve inflammation after stress or exercise.



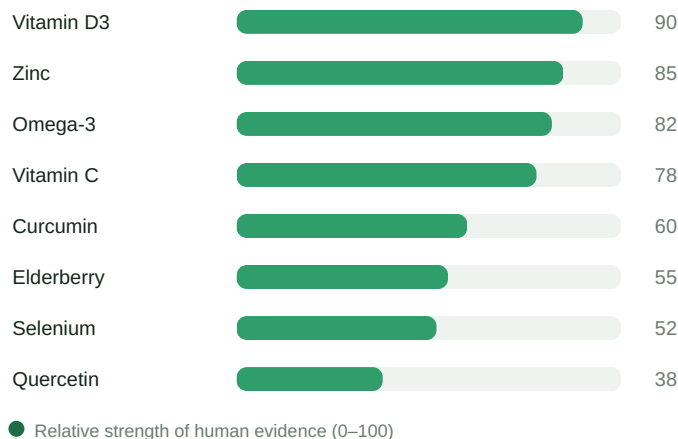
Seasonal resilience

Elderberry and zinc are widely used to support comfort and recovery during high-exposure seasons.

The data at a glance

Weight of human evidence by ingredient

Higher = stronger, more consistent clinical support for the immune / anti-inflammatory role.



Who buys this category

Illustrative demand mix by shopper intent.



Who it's for & how to use

Best for

Adults wanting daily immune insurance, people with limited sun exposure (vitamin D), frequent travelers, and those recovering from heavy training.

When to take

Fat-soluble nutrients (D, omega-3, curcumin) absorb best with a meal. Zinc is gentler taken with food. Vitamin C can be split across the day.

What to pair

Vitamin D with K2 and a fat source; quercetin alongside zinc; curcumin with black pepper (piperine) or a lipid base for absorption.

Safety & interactions

- Zinc above ~40 mg/day long-term can deplete copper - don't stack multiple zinc products.
- High-dose vitamin C (>2 g) may cause loose stools; reduce the dose if it occurs.
- Curcumin and high-dose omega-3 can add to the effect of blood-thinning medication - check with a clinician.
- Vitamin D is fat-soluble and accumulates; stay within label ranges unless a blood test guides higher intake.
- Elderberry should be sourced as a prepared extract; raw/unripe berries are not safe.

Frequently asked

Do these actually 'boost' the immune system?

A healthy immune system doesn't need boosting so much as adequate raw materials. These products help most when they correct a shortfall (like low vitamin D or zinc) or supply antioxidants the body uses during immune activity.

Immune support vs. anti-inflammatory - what's the difference?

They overlap. Immune-support ingredients help defense cells work; anti-inflammatory ingredients (omega-3, curcumin) help the body resolve inflammation afterward. Balanced formulas cover both sides of the same process.

Can I take these year-round?

Most core nutrients (D, zinc, omega-3, C) are suited to daily use within label ranges. Botanicals like elderberry are often used seasonally or during higher exposure.

How fast do they work?

Nutrient status (e.g., vitamin D) shifts over weeks. Seasonal botanicals like zinc/elderberry are typically used at the first sign of stress for shorter windows.

Featured products

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