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Review article

### Immunity Boosters Need for a Healthy Body in Infective Diseases: A Review


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#### Abstract:

The immune system is playing critical role for individual survival. The immune system must be alert, as soldiers it should monitor, defend the host from infective agents. Cells of the immune system must be able to identify the pathogenic and non-pathogenic moieties, which causes damage to hosts. Therefore, to make awareness, this article will highlight the different sources or available food material to boost immunity. It is focused that the how these different immune boosters, macronutrients and micronutrients are helpful to built up effective / alert immune system. Better, the immune function of an individual greater will be the survival from infective agents. By highlighting or discussing this issue it will facilitate the human being to manage their lives in pandemic situations like Covid-19.

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