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Vitamins And Minerals May Boost Immune Function

By News Canada

Vitamins And Minerals May Boost Immune Function

by: **News Canada**

Beta-carotene is found in yellow, red and orange fruits, as well as dark green vegetables.

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Here is what a diet with the recommended daily intake of vitamins and minerals can do for you:

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Vitamins And Minerals May Boost Immune Function

· Boost calcium, which is critical to bone health, muscle contractions, nerve impulses and metabolism.

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