



**FUEL YOUR IMMUNE SYSTEM WITH
AMERICAN LAMB**

American lamb is packed with nutrients that support a strong immune system. A 3 oz. cooked serving of American lamb is an excellent source of protein, zinc, selenium, and B12, and a good source of iron and B6. These nutrients support the immune system and help your body fight infection, inflammation and repair cellular damage.

- 1** White blood cells require zinc to function and fight infection.
- 2** Selenium has antioxidant properties, protecting immune cells from oxidative stress. It also plays an important role in protein synthesis.
- 3** Iron is a fundamental element for the immune response, helping lymphocytes (a type of white blood cell that attacks an infection) grow and mature.
- 4** Protein provides the body with amino acids. These amino acids act as building blocks to produce immune cells and antibodies.
- 5** Vitamin B6 is needed to activate an immune signaling molecule that regulates the activities of white blood cells.
- 6** Vitamin B12 plays a critical role in the production of protein synthesis which is vital to produce immune cells.
- 7** A deficiency in any of these nutrients can drastically suppress the immune response.

