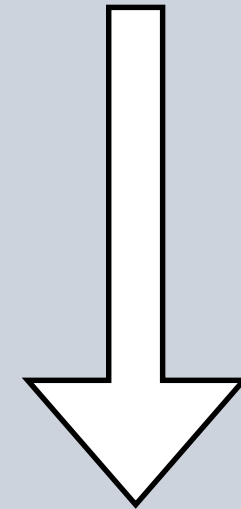


HOW DO YOU MAINTAIN IMMUNITY?



**ALL PLAY A ROLE
IN IMMUNITY**



**AND CAN
DECREASE THE RISK
OF INFECTIONS**

R. Moore RD (SA) Z. Simjee RD (SA) National Teams' Dieticians