

A Study on Nutritional Immunology

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Abstract: *Nutritional immunology is a burgeoning field that explores the intricate connection between diet and immune function. This abstract provides a concise overview of its significance, emphasizing how a well-balanced diet impacts the body's ability to fight infections, inflammation, and chronic diseases. By understanding the dynamic relationship between nutrients and immunity, we can make informed dietary choices to bolster our health and resilience.*

Keywords: Diet, Nutrients, Immune, Inflammation, Minerals