Iron:
Helps carry oxygen from lungs throughout the body.1

Omega-3s:
Help support a healthy immune system, and may help protect against depression and boost mood.2

Selenium:
An antioxidant that helps protect against oxidative stress in the body and may help support a healthy immune system.5

Protein:
Helps promote cell repair and recovery.4

Vitamin D:
Helps promote healthy immune system and may help support respiratory health.3

Americans are turning to seafood as a favorite protein option, and with good reason. Seafood is widely available and offers many options: fresh, frozen and shelf-stable. Plus, seafood provides healthful nutrients that help to support immune health.

3 Mahase E. Covid-19: death rate is 0.66% and increases with age, study estimates. BMJ. 2020;369:m1327. https://www.bmj.com/content/369/bmj.m1327/rr-1
5 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3723386/ & https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3277928/