

6 Tips to Boost Your Child's Immune System

1. Focus on Good Foods

Make sure your child is getting plenty of whole natural foods. Nuts, seeds, berries, bright colored vegetables, and greens can help.



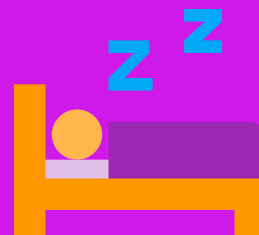
4. Consider a Probiotic Supplement

Super Immune Space Sprinkles uses 8 different types of probiotics specifically for young intestinal tracts to give your child's immune system a daily boost.



2. Limit Caffeine and Sugar

Caffeine and sugar are detrimental to your child's health for many reasons, including the ability to weaken the body's immune defenses.



5. Adequate Sleep

Kids need anywhere from 9-14 hours of sleep per night, depending on their age. Make sure your child goes to bed in time to ensure adequate rest, especially during the school season.

3. Keep Them Hydrated

Proper hydration is crucial to overall health. Making sure your child stays hydrated can go a long way to help keep them well.



6. Handwashing

Dirty hands is one of the top ways germs spread from kid to kid. Emphasize to your child how important it is to wash your hands regularly.


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