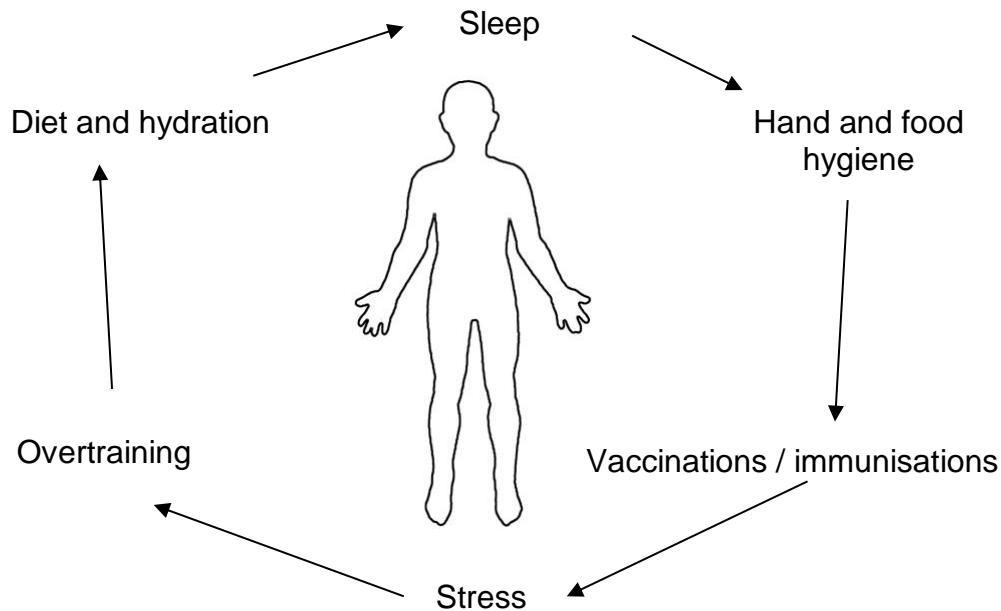


What can I do everyday to reduce my chances of getting sick?

There are a number of factors that can have an impact on your immune function (see diagram below). If your immune system is compromised this can lead to an increased risk of infection and potentially time out of training.



Alongside good hand and food hygiene, adequate nutrition is essential to maintain the body's natural defenses and swimmers should aim to stick to the following guidelines in order to maximise their immune health.

- **Eat enough food to meet the high energy demands of your training** – an inadequate intake can depress the immune system.
- **Include a variety of different foods in your diet to help avoid nutrient deficiencies** – a restricted intake can result in decreases in immune defenses against invading pathogens.
- **Eat plenty of carbohydrates throughout the day** – carbohydrates can help to reduce the stress hormone response to intensive training, it also supplies glucose to fuel the immune system.
- **Stay hydrated** - Saliva contains several proteins with antimicrobial properties. Sip on water regularly throughout the day to keep the mouth and throat moist.
- **Take a daily probiotic** if your are prone to illness, during heavy training periods or if you are travelling (take 14 days out) – these 'friendly' bacteria can improve immune function and reduce the risk of gastrointestinal infections.

What about supplements?

1. Should I be taking a multivitamin?

No - If you eat a wide variety of food, including fruit and vegetables you do not need to take a multivitamin.

Yes- If you are on a restricted food intake, for example during weight reduction, or if you are travelling and your food choices will be limited.

2. If I need to take a multivitamin which one should I take?

If you need to take a multivitamin for a period of time then you need to make sure it is a batch tested product. Check out www.informed-sport.com for a list of batch tested suppliers or contact the company directly to find out their batch-testing policy.

3. What about Vitamin D?

Vitamin D is recognised as playing an important role in our immunity. We can obtain Vitamin D when our skin is exposed to UV light of a specific wavelength (this is variable and depends on season/time of day/latitude/cloud cover etc). Vitamin D can also be obtained from our diet via oily fish, egg yolks and fortified milk, margarine and breakfast cereals.

In order to optimise your Vitamin D we recommend you:

- use fortified milk and include oily fish/eggs where possible
- if you have had your Vitamin D levels checked and have been recommended to take a Vitamin D containing supplement make sure to take this as instructed.

4. What about Vitamin C?

Vitamin C is an essential water-soluble antioxidant vitamin. High-dose antioxidant supplementation may potentially reduce your infection risk in stress situation, but there is also research to suggest that there is a risk of blunting some of your training adaptations with a high intake of antioxidants.

We therefore recommend to only take Vitamin C during **high risk** times such as **travel**, **intense training or competition** or **when a family member is ill**.

How much should I take?

1000mg Vitamin C during high risk times only **or** at 1st symptoms of a cough/cold – DO NOT TAKE ROUTINELY

5. What about Zinc?

Zinc is an essential mineral that is involved in carbohydrate, protein and lipid metabolism. There is some evidence that zinc may reduce the duration of cold symptoms if taken at the onset of your symptoms. **Take 30mg Zinc** when you feel the first symptom of cough or cold.



The Swim Ireland Immune Pack contains high dose vitamin C and Zinc to ensure that symptoms can be tackled as soon as they appear. It also contains hand sanitiser to help reduce the risk of coming into contact with harmful germs.