

## **UPDATE:** Eine Information der GVF zur Rolle der Mikronährstoffe für das Immunsystem

In der aktuellen Situation ist Fachwissen stärker gefragt als sonst. Die Gesellschaft für angewandte Vitaminforschung e. V. (GVF) möchte Sie unterstützen und Orientierung geben. Wir haben eine Auswahl an Publikationen von internationalen Expert\*innen zum Thema Mikronährstoffe für das Immunsystem zusammengestellt.

Unser Körper ist ständig unterschiedlichsten Krankheitserregern wie Viren, Bakterien, Pilzen und Parasiten aus der Umwelt ausgesetzt. Er benötigt daher ein gut funktionierendes Abwehrsystem, um die Krankheitserreger zu bekämpfen: das Immunsystem. Dabei unterscheiden wir zwischen dem angeborenen und dem erworbenen (adaptiven) Immunsystem. Das **angeborene Immunsystem** reagiert in unspezifischer Weise als erste Verteidigungslinie schnell auf Pathogene. Das **adaptive Immunsystem** reagiert innerhalb von Tagen nach einer Infektion und baut eine spezifische Reaktion auf jeden einzelnen Erreger auf. Es stimuliert die Produktion von Immunzellen – einschließlich Antikörper – und ermöglicht es dem Körper so, die Erreger unschädlich zu machen und auf wiederholte Infektionen schützend zu reagieren.

Das Immunsystem ändert sich im Laufe des Lebens. Bei Kleinkindern ist es noch nicht vollständig entwickelt, bei Heranwachsenden reift es, sodass es bei Erwachsenen voll funktionsfähig ist. Bei älteren Menschen beginnt das Immunsystem sich wieder abzuschwächen, deshalb sind Ältere auch anfälliger für Infektionen.

Das Immunsystem benötigt eine Reihe von Mikronährstoffen – Vitamine und Mineralstoffe – für eine optimale Funktion. Dazu gehören die **Vitamine A, B<sub>6</sub>, B<sub>12</sub>, C, D, E und Folat** sowie die **Mineralstoffe Zink, Eisen, Selen, Magnesium und Kupfer**. Auch **mehrfach ungesättigte Omega-3-Fettsäuren (EPA und DHA)** unterstützen das Immunsystem. Eine optimale Versorgung mit diesen Mikronährstoffen stärkt die Immunfunktion und kann das Risiko, die Dauer und den Schweregrad einer Infektion reduzieren.

Die folgende Auflistung enthält Veröffentlichungen zur Rolle der Mikronährstoffe für das Immunsystem (alphabetische Reihenfolge), welche größtenteils auf den Internetseiten der Fachzeitschriften frei heruntergeladen werden können.

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Darüber hinaus sind in den vergangenen Wochen vermehrt Publikationen zur Bedeutung der Vitamine für die Immunabwehr im Zusammenhang mit COVID-19 erschienen. Nachfolgend sind einige dieser Veröffentlichungen aufgeführt (alphabetische Reihenfolge; kein Anspruch auf Vollständigkeit).

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Ein Teil der Publikationen zur Bedeutung der Vitamine für die Immunabwehr im Zusammenhang mit COVID-19 bezieht sich auf Vitamin D. Nachfolgend sind einige dieser Veröffentlichungen aufgeführt (alphabetische Reihenfolge; kein Anspruch auf Vollständigkeit).

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Zur Zeit laufen in verschiedenen Ländern Studien, in denen Vitamine und andere Naturprodukte unter ärztlicher Behandlung bei COVID-19 Erkrankung therapeutisch getestet werden. Informationen über aktuelle Studien sind verfügbar unter [ClinicalTrials.gov](https://clinicaltrials.gov) (z.B. Suche nach [Studien zu Vitamin D und COVID-19](#) mit den Begriffen „COVID-19“ und „Vitamin D“).

Die GVF informiert regelmäßig über die Rolle der Vitamine, Carotinoide, sekundärer Pflanzenstoffe und mehrfach ungesättigter Fettsäuren für die Gesundheit.

Diese Übersicht dient ausschließlich der Information und stellt keine Werbung für Vitaminprodukte und Nahrungsergänzungsmittel dar.

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