

Antiviral Foods

Kiwi, Blueberries, Strawberries



Website articles with more of **God's natural antiviral foods.**

Rich in vitamins A, B Complex, C, D and E, as well as minerals - magnesium, selenium and zinc, they strengthen our immune systems to fight off bacteria, fungus and **viruses.**

1. Everyday Health

[7 Foods that Fight Back: Immune System Boosters](#)

2. Healthline

a. [9 Science-Backed Benefits of Cod Liver Oil](#)

b. [11 Evidence Based Health Benefits of Bananas](#)

3. Health Harvard

[How to Boost Your Immune System](#)

4. CA Patch

[Fight virus with bananas, ginger, pineapple, cayenne, kiwi](#)

5. NIH / Medscape Journal of Medicine

[Mother Was Right About Cod Liver Oil](#)

6. The-Well

[Eat This, Stay Well: 6 Foods that Boost Immunity](#)

7. Yahoo! Life

[7 Antiviral Foods to Boost Your Immune System](#)

8. Zoomer

[Pucker Up: 15 Hidden Secrets of Lemons](#)

Lemons

