



EXPERT NUTRACEUTICAL ADVOCACY COUNCIL

Nutraceutical, Health & Dietary Supplements

To,
Mr. Balram Bhargava
Director General
DHR & ICMR

25th March, 2020

Subject: Importance of Nutrients in supporting the immune system with well-established studies.

Respected Sir,

Covid-19 has been an unprecedented crisis unlike any other crisis. We understand that the Central and State Governments are putting in phenomenal efforts to ensure the safety of citizens and provide support to the impacted. Healthcare Industry is also thriving hard in these difficult times to support the citizens with smooth supplies of supplements & medicines.

Expert Nutraceutical Advocacy Council (ENAC) with its endeavor towards its core purpose of “**Creating Harmony through Education, Awareness, Engagement & Network for Growth & Development of Nutraceutical Sector**” would like to request **FSSAI** to create **awareness & encourage** the use of **Potential Nutrients & Micronutrients like Vitamin A, Vitamin D, Vitamin C, Vitamin E, Vitamin B6, Vitamin B12, Folate, Zinc, Iron, Copper, Selenium, etc. for immunity defense.**

Public Health practices including hand washing and vaccination help reduce the spread and impact of infections. But however we would need additional strategies to support the immune system and the role of nutrients in supporting the immune system has been well established. **Lack of awareness of these has led to inadequate intake of these nutrients leading to decreased resistance to infections and as a consequence an increase in disease burden.**

We would request you to consult from **ICMR/NIN/NSI/CSIR** for such guidelines & kindly make a press release for Public Interest during this pandemic of COVID -19. **Nutrient rich diet & dietary supplement should be guided in Public Eye & awareness is essential.**

Please find enclosed herewith the following scientific papers supporting the above awareness drive:

1. MDPI Journal “ **A review of micronutrients and the Immune System – Working in Harmony to Reduce the risk of Infection**” Adrian F. Gombart, Adeline Pierre and Silvia Maggini
2. “**Optimal Nutritional Status for a Well-Functioning Immune System is an Important Factor to Protect Against Viral Infections**” Philip C. Calder, Anitra C. Carr, Adrian F. Gombart, Manfred Eggersdorfer.

We would be highly obliged if the same is taken up immediately and an advisory or press release done to help crusade against COVID 19 outbreak.

Thanking you in anticipation.

Yours Sincerely,

Sandeep Gupta
Chief Founder & Director – Expert Nutraceutical Advocacy Council

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Voluntary Council of Intellectuals, Experts & Experienced Healthcare Professionals in the Common Interest of Nutraceutical, Health & Dietary Supplements Sector