

**Nutrition Update: Nutrition and Immune Boosters: Separating Fact from Fiction. August 25, 2020**

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Linus Pauling Institute Micronutrient Information Center. Oregon State University.

The following links lead to a website provided by the Linus Pauling Institute at Oregon State University. Anna Jones is not affiliated or endorsed by the Linus Pauling Institute or Oregon State University.

Vitamin C: <https://lpi.oregonstate.edu/mic/vitamins/vitamin-C>

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