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**Vitamin and mineral supplements in the diet of military personnel:
effect on the balance of iron, copper and manganese, immune
reactivity and physical work-capacity.**

Article in Russian

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Abstract

Conducted with the participation of 50 students of military educational study the effect of various vitamin and mineral complexes for the provision by the body naturally iron, copper and manganese on the immune and physical status. Found that diets enriched BMV was accompanied by a significant delay in the micro-elements, mainly iron, which indicates a deficiency of these bioelements in chickens Santo during the summer. Under the influence of vitamin-mineral complexes significantly increased rates of natural and specific immunity. As the delay increases significantly increased iron medical indicators of immunological reaction efficiency and physical performance.