

# What is antibody? The role of antibodies to the immune system

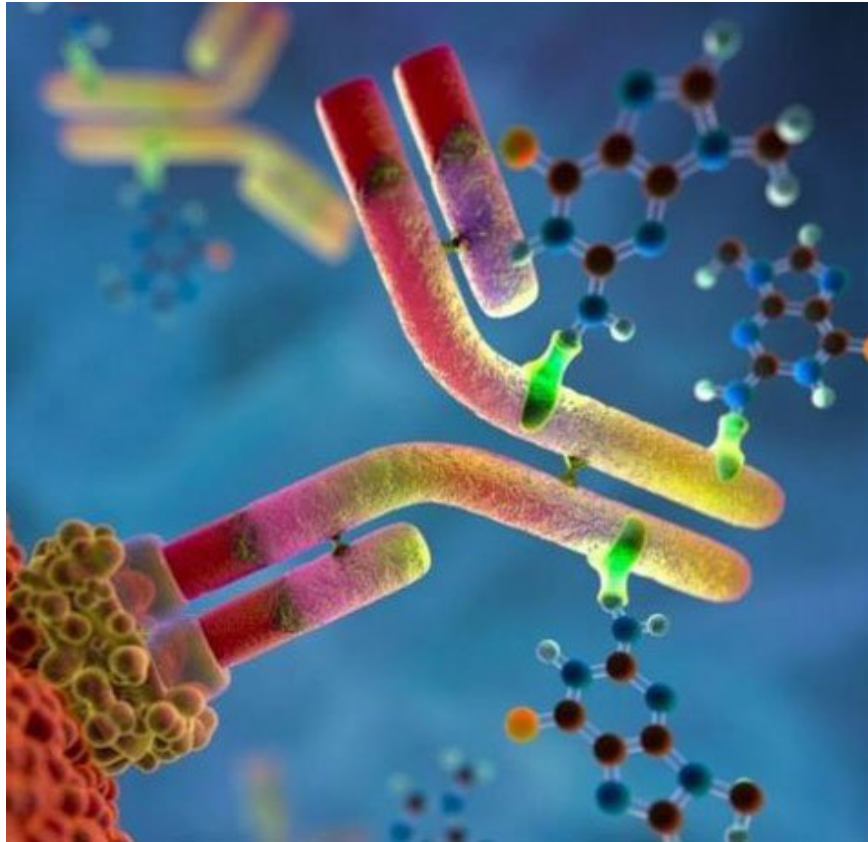
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Antibodies (antibodies) are substances produced by the human body when they are aware of the penetration of microorganisms. Antibodies protect the body and kill harmful bacteria. The higher the body's ability to form antibodies, the stronger their immunity against infections.

There are 5 types of antibodies in the human body:

1. **IgG:** The most common antibodies in blood, colostrum and tissue fluids. IgG crosses the placenta, protecting the baby when the immune system has not yet developed in the first weeks of life.
2. **IgA:** About 15-20% in blood, colostrum, saliva and tears. Where IgA antibodies are secreted, they help fight off the pathogens there.
3. **IgM:** This is the first immune layer synthesized in babies that helps to destroy bad antigens and protect the body.
4. **IgE:** This antibody accounts for a large proportion and plays an important role in the hypersensitivity reaction as well as in the immune mechanism against parasites.
5. **IgD:** Only 1% on cell membranes and has the least function in antigen activation. They catalyze rapidly and are easily hydrolyzed by the plasmin enzyme during blood clotting.

## The role of antibodies to the immune system



Antibodies have a role in binding to antigens, activating the complement system and mobilizing immune cells.

1. **Binding to antigens:** Each antibody has the ability to identify an antigen. Antibodies help neutralize toxins, prevent adhesion to cells, avoid disorders caused by toxins in the anti-toxin response.
2. **Complementary activation:** When activated, the complement (collection of plasma proteins) will kill invasive bacteria.
3. **Activation of immune cells:** To initiate the process of killing bacteria, antibodies bind to macrophages (cells that have the ability to 'eat' bacteria).

## **Add antibodies to the body by eating and drinking**

In order to have a healthy immune system, the body needs to be provided with enough antibodies to enhance its ability to identify pathogens.

To supplement antibodies, the body needs to complete a lot of factors such as nutrients, protein, fat, vitamins and many other minerals . In addition, we should use some products such as milk immature (containing IgG, IgA, IgM .), honey (with antibacterial properties) .

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