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with cytokines, hormones, transplantation, or nutritional intervention. In older people, however, complexities produced by existing comorbidities and other variables have made it difficult to reach conclusions regarding the mechanisms of any effects produced by immunorestorative approaches. Yet, the benefits of selected interventions, including vaccines, immunoglobulin, nutrition, and exercise are now clearly established. Additional studies are needed to define the most efficient mechanisms to improve immune functions in the typical, frail, elderly patient, in whom the immune deficiency is due to a number of factors, in addition to an inherent aging of the immune system, and the consequences may be life threatening.