

Zinc

Zinc citrate and zinc picolinate are two well-tolerated and well-absorbed forms of zinc.* Zinc citrate is the salt made when zinc is combined with citric acid. Zinc picolinate is the salt made by combining zinc with picolinic acid.

After iron, zinc is the second most abundant trace element in the body.

Key Features

- Two of the best absorbed forms of zinc, in hypoallergenic formulations.
- Zinc Citrate available in 25 mg and 50 mg dosages.
- Highly bioavailable Zinc Picolinate available in 25 mg dosage.
- Zinc Chewables supply 20 mg of zinc citrate with pure vitamin C in delicious chewable form.



#70280
60 vegetarian capsules



#70290
60 vegetarian capsules



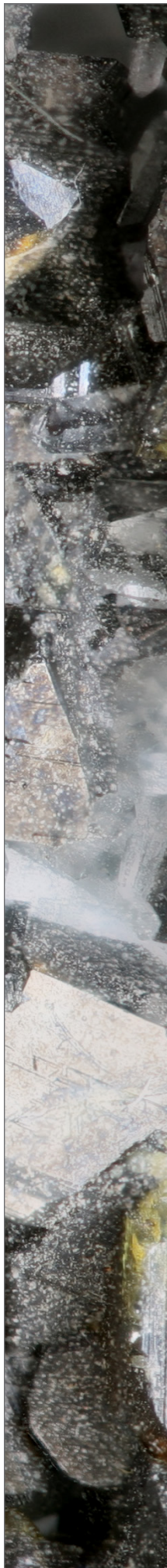
#70300
60 vegetarian capsules



#77610
60 chewable tablets



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Zinc plays an important role in immune function, as well as in neurotransmitters, wound healing, growth, thyroid hormone function, insulin activity, and taste and smell.*

Zinc is a cofactor in the synthesis of DNA, RNA, and protein, and is found in more than 300 enzymes. For example, zinc is needed for the transport protein of vitamin A, and insufficient zinc levels can lead to vitamin A deficiency.* Zinc is an essential metal cofactor for one kind of superoxide dismutase (SOD), a major class of antioxidant enzymes.*

Zinc is found in many foods, including red meat, poultry, seafood, dairy, nuts, legumes, and unrefined grains.

Zinc Picolinate

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
Zinc (as Zinc Picolinate)	25 mg 227%

* Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.

Suggested Use: As a dietary supplement, 1 capsule daily with a meal, or as directed by a healthcare practitioner.

Zinc Citrate 50

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value*
Zinc (as Zinc Citrate)	50 mg 455%

* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

Suggested Use: As a dietary supplement, 1 capsule one to three times daily, or as directed by a healthcare practitioner.

Zinc Chewables

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount Per Serving	% Daily Value*
Vitamin C (as Ascorbic Acid)	60 mg 66%
Zinc (as Zinc Citrate)	20 mg 181%

* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Sorbitol, mannitol, natural berry flavor, stearic acid, calcium stearate, silicon dioxide.

Suggested Use: As a dietary supplement, chew or suck 1 tablet one or two times daily with meals, or as directed by a healthcare practitioner.

Zinc Citrate 25

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value*
Zinc (as Zinc Citrate)	25 mg 227%

* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, Nu-FLOW® (rice hulls), Nu-MAG® (rice extract, rice hulls, gum arabic, sunflower oil).

Suggested Use: As a dietary supplement, 1 capsule one to three times daily, or as directed by a healthcare practitioner.

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References

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