

Zinc Chewables with Vitamin C

The mineral zinc and vitamin C are both powerful nutrients that play multiple roles in human health.* Allergy research Group® now offers a combination in easy-to-use chewable form, for convenience when taking multiple doses throughout the day.



#77610
60 chewable tablets

Key Features

- Well-absorbed form of zinc (zinc citrate) with pure vitamin C (ascorbic acid) in delicious chewable form*
- Provides 60 mg of vitamin C and 20 mg of zinc per vegetarian tablet
- Free of common allergens and vegan friendly



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Zinc citrate is well-tolerated and well-absorbed.* Zinc is an essential trace mineral that is crucial for the immune system response, reproductive function, growth, and neurological development.* Zinc is involved in more than 300 enzyme reactions in the body, and is an essential metal cofactor for one kind of superoxide dismutase (SOD), a major class of antioxidant enzymes.*

The human body cannot store extra zinc, so zinc must be taken in regularly.* Population studies suggest that the prevalence of marginal zinc intakes ranges from 12% of younger adults, to 30% or more of individuals over the age of 60. Dietary sources of zinc include red meat, poultry, shellfish, nuts, and seeds.

Vitamin C is an important water-soluble antioxidant nutrient and is involved in a wide variety of biochemical reactions throughout the body. Because of its molecular structure, vitamin C is able to donate hydrogen atoms from two hydroxyl positions to neutralize free radicals.

The body uses vitamin C during white blood cell production, histamine release and degradation, the reduction of glutathione, and the metabolism and protection of several other nutrients.* It also is needed for the synthesis of collagen, the basis of connective tissue, which is found in virtually every organ of the body.* In combination with other nutrients, vitamin C also supports the production of certain neurotransmitters and adrenal hormones.*

Many mammals can make their own vitamin C, but humans do not produce vitamin C, so it must be obtained from the diet or via supplementation. An individual's requirement for vitamin C can vary from day to day, depending on health and stress levels.* Vitamin C is found in many foods, especially vegetables and citrus fruits.

References

Blumberg JB, et al. Contribution of dietary supplements to nutritional adequacy in various adult age groups. *Nutrients*. 2017 Dec 6;9(12):1325.
 Ervin RB, Kennedy-Stephenson J. Mineral intakes of elderly adult supplement and non-supplement users in the Third National Health and Nutrition Examination Survey. *J Nutr*. 2002 Nov;132(11):3422-7.
 Vural Z, et al. Trace mineral intake and deficiencies in older adults living in the community and institutions: a systematic review. *Nutrients*. 2020 Apr 13;12(4):1072.
 Patak P, et al. Vitamin C is an important cofactor for both adrenal cortex and adrenal medulla. *Endocr Res*. 2004 Nov;30(4):871-5.

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, 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.