

Zinc Products

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 combing 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.



SKU #70280 60 vegetarian capsules



SKU #70290 60 vegetarian capsules



SKU #70300 60 vegetarian capsules





Zinc Products

Zinc plays an important role in immune function, as well as in neurotransmitters, 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 Fa	icts
Serving Size	1 Capsule
Servings Per Container	60
Amount Per Serving	% Daily Value
Amount Per Serving Zinc (as Zinc Picolinate)	% Daily Value 25 mg 227%

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.

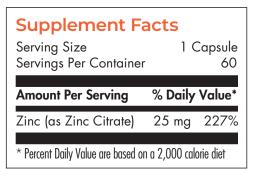
Zinc Citrate 50

Supplement Facts	
Serving Size Servings Per Container	1 Capsule 60
Amount Per Serving	% Daily Value*
Amount Per Serving Zinc (as Zinc Citrate)	% Daily Value* 50 mg 455%

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

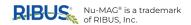
Suggested Use: As a dietary supplement, I capsule one to three times daily, or as directed by a healthcare practitioner.

Zinc Citrate 25



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.



References

Barceloux DG. Zinc. J Toxicol Clin Toxicol 1999;37:279-92. Christian P, Khatry SK, Yamini S, et al. Am J Clin Nutr 2001;73:1045-51. Freake HC, Govoni KE, Guda K, et al. J Nutr 2001;4:1135-41. Berger MM, Spertini F, Shenkin A, et al. Am J Clin Nutr 1998;68:365-71.

Marshall I. Cochrane Database Syst Rev 2000;(2):CD001364. Jackson JL, Lesho E, Peterson C. J Nutr 2000;130:1512S-5S. Petrilli MA, Kranz TM, Kleinhouse K, et al. Front. Pharmacol., 30 June 2017.