



# Zinc

## What Is It?

Zinc is essential for a wide range of physiological functions, including support of the body's defense system and tissue development and repair. Picolinate and citrate are both highly absorbable zinc chelates.\*

## Uses For Zinc

**Nutrient Metabolism:** Zinc is a constituent of over two dozen enzymes involved in digestion and metabolism, including healthy storage and metabolism of carbohydrates. It is also related to the normal absorption and actions of the B vitamins.\*

**Immune Support:** Zinc plays an important role in supporting the body's defense system, promoting healthy neutrophil, natural killer cell, and T-lymphocyte function.\*

**Tissue Development and Repair:** Zinc plays a fundamental role in collagen formation and healthy tissue development, including enzymes vital to tissue respiration. It is also essential for normal fetal and reproductive development, as well as contributing to healthy prostatic function.\*

## What Is The Source?

Zinc is derived from earthen ore. Citrate is derived from corn dextrose fermentation. Picolinate is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends:

- Zinc 30 = 1–2 capsules per day, in divided doses, with meals.
- Zinc 15 = 1–4 capsules per day, in divided doses, with meals.
- Zinc (citrate) = 1–2 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In rare cases, zinc can cause nausea, vomiting or a metallic taste. High intakes of zinc can cause fever, diarrhea or fatigue and may impair immune response. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Zinc may be contra-indicated with certain antibiotics. Consult your physician for more information.

### Zinc 30

**each vegetable capsule contains**



zinc (picolinate)..... 30 mg.  
vitamin C (as ascorbyl palmitate)..... 4 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1–2 capsules per day, in divided doses, with meals.

### Zinc 15

**each vegetable capsule contains**



zinc (picolinate) .....15 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1–4 capsules per day, in divided doses, with meals.

### Zinc (citrate)

**each vegetable capsule contains**



zinc (citrate)..... 30 mg.  
vitamin C (as ascorbyl palmitate)..... 4 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1–2 capsules per day, in divided doses, with meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.