

OptiZinc®

30 mg, 90 vegetarian capsules

Item Catalog Number: 00915

ZINC: PROMOTING IMMUNE FUNCTION AND MORE

Zinc is a mineral that stimulates the activity of approximately 100 enzymes, which are substances that promote biochemical reactions in your body. These reactions are essential for the formation of superoxide dismutase, one of the body's most important free radical scavengers. Zinc also promotes immune function,¹¹²⁻¹¹⁵ taste sensitivity,¹¹⁶⁻¹¹⁹ protein and DNA synthesis,¹²⁰⁻¹²² insulin production,^{123,124} reproductive organ development and sperm motility.¹²⁵⁻¹²⁷ Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.¹²⁸⁻¹³⁰

ZINC DEFICIENCY AND THE NEED FOR ZINC SUPPLEMENTS

Age-related declines in immune function are associated with zinc deficiency, and the elderly represent a group that is vulnerable to mild zinc deficiency. Certain aspects of immune function in the elderly have been found to improve with zinc supplementation.^{112-114,116,131}

OptiZinc® is a superior bioavailable form of zinc.¹³⁵

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 90

Amount Per Serving

Zinc¹ (as zinc methionate)

30 mg

Other ingredients: rice flour, vegetable capsule, magnesium stearate, silica.

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO artificial sweeteners, flavors, colors, or preservatives.

¹OptiZinc® is a registered trademark of InterHealth Nutritionals, Inc.

Dosage and Use

- Take one capsule, one to three times daily with or without food, or as recommended by a healthcare practitioner.
- The number of capsules you take will depend on the amount of zinc in other products you are taking.
- Most people's intake of zinc should not exceed 90 mg a day.

Caution

Supplemental zinc can inhibit the absorption and availability of iron and copper. If more than 50 mg of supplemental zinc is taken daily, 2 mg of supplemental copper should also be taken to prevent deficiency. Calcium in combination with phytic acid reduces zinc absorption. Chronic ingestion of more than 300 mg of zinc daily may be toxic. Zinc should not be used in mega-amounts. A study showed that if 300 mg per day were ingested, white cell function of the immune system could be impaired.¹³² Also, copper should be supplemented while using doses of zinc over the recommended intakes.¹³³

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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