

Zinc Lozenges

75 lozenges

Item Catalog Number: 00061

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

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}

Zinc lozenges with Vitamin C can provide immune support during the winter season.¹³⁵⁻¹⁴⁰ These lozenges are sweetened with sucrose and mannitol and have a natural orange flavor.

References

Supplement Facts

Serving Size 1 lozenge

Servings Per Container 75

Amount Per Serving

Calories	5
Total Carbohydrates	1.3 g
Sugars	0.8 g
Sugar Alcohols	0.3 g
Other Carbohydrates	0.2 g
Vitamin C (as ascorbic acid, sodium ascorbate)	100 mg
Zinc (as zinc oxide, aspartate, gluconate)	24 mg

Other ingredients: sucrose, mannitol, maltodextrin, stearic acid, magnesium stearate, natural orange flavor, hydroxypropyl methylcellulose, modified cornstarch.

Contains soybeans. Contains corn.

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

Dosage and Use

- Dissolve one lozenge in mouth then swallow, or as recommended by a healthcare practitioner.

Caution

Gastrointestinal distress has been reported at doses of 50 to 150 mg/day of supplemental zinc. Do not exceed five lozenges daily for more than a week. Long-term use of supplemental zinc from 100 to 150 mg/day can inhibit the absorption and availability of iron and copper. Chronic ingestion of more than 300 mg of elemental zinc daily may be immunosuppressive.⁵¹

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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