



Zinc Citrate

Nature's Harmony® Zinc Citrate provides 50 mg of elemental zinc as zinc citrate—a highly absorbable form of this important mineral. Zinc is used for growth and development and for the health of body tissues and the immune system.

PRODUCT CODE: 400578

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to maintain immune function. Helps in connective tissue formation. Helps the body to metabolize proteins, fats and carbohydrates.	Capsule	Take 1 capsule daily with food. Take a few hours before or after taking medication.

DESCRIPTION:

Zinc is a mineral that is found in high concentrations in the eyes, kidneys, brain, liver, muscle, bone, hair and male reproductive organs. Zinc is not readily stored in the body and, therefore, we are dependent on a continual supply from the diet. Zinc is essential for male sexual function and healthy fetal development. Zinc supplementation is used in the treatment of Wilson's disease (excessive copper in the body), macular degeneration, mood disorders, epilepsy, rheumatoid arthritis, bowel disorders and dementia. It is also used to decrease the length of colds, boost the immune system, promote wound healing and protect against prostate cancer.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Oysters and other shellfish, fish, red meat, dark meat of poultry, whole grains, legumes, nuts and seeds.

Causes of Deficiency: Poor diet, excess fibre, excess phytic acid from a diet high in legumes and whole grains, Crohn's disease, malabsorption syndromes, alcoholism.

Symptoms of Deficiency: Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision.

Complementary Nutrients: A healthy diet.

HOW IT WORKS:

Zinc functions in the body as a cofactor in over 300 enzymatic reactions and as a binder in maintaining the structure of some non-enzymatic molecules. Zinc plays an important role in insulin activity, protein and DNA synthesis, taste and smell, wound healing, the maintenance of normal vitamin A levels, bone structure and the immune system.



DID YOU KNOW...

Zinc is in every cell of the body and is a component in over 300 enzymes. In fact, zinc functions in more enzymatic reactions than any other mineral.

Zinc Citrate

RESEARCH:

Zinc is supported by extensive scientific research. According to the findings of a review of ten randomized, controlled studies, supplementation with zinc reduced the incidence of childhood pneumonia by 41% and the incidence of diarrhea in children by 25%. Zinc was found to be more effective than any other treatment for childhood pneumonia. The diarrheas studied were related to diminished immune competence and high rates of exposure to infectious diseases.

SIDE EFFECTS:

Generally well tolerated. High doses may cause adverse reactions. The most common adverse reactions are gastrointestinal and include nausea, vomiting and gastrointestinal discomfort. Other adverse reactions include a metallic taste, headache and drowsiness. Amounts over 150 mg per day may cause toxicity.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Pregnant women and nursing mothers should not take high doses of zinc supplements unless recommended by a health care practitioner.

Diuretics (water pills) may increase zinc secretion.

Chlorthalidone (Hygroton), cisplatin (Platinol-AQ), tetracyclines, fluoroquinolones, potassium-sparing and thiazide diuretics taken with zinc may decrease the absorption of both the drug and zinc.

Penicillamine or trientine may depress zinc absorption.

Iron supplements, bran, protein, coffee, phytates, calcium or phosphorus may decrease absorption of zinc; therefore, it is recommended to take zinc supplements two hours after ingestion.


Chronic intake of high doses of zinc can lead to copper deficiency and hypochromic, microcytic anemia secondary to zinc-induced copper deficiency.

OTHER CONSIDERATIONS:

Individuals with low calcium intake should avoid zinc supplementation since the combination of low calcium and zinc may reduce bone strength.

HIV-positive persons and those with glaucoma and hemochromatosis (excessive amounts of iron in the body) should not use zinc.

LABEL:



Citrate de Zinc
50 mg

CAPSULES faciles à avaler

Aide au maintien des fonctions immunitaires

100 capsules
NPN 80012487

Usage recommandé: Aide au maintien des fonctions immunitaires. Aide à la formation du tissu conjonctif. Aide l'organisme à métaboliser les protéines, les lipides et les glucides.

Dose recommandée (adultes): Prendre 1 capsule par jour avec de la nourriture. Prendre quelques heures avant ou après avoir pris un médicament.


Ingrédients médicinaux:
Chaque capsule contient:
Zinc (citrate) 50 mg

Ingrédients non médicinaux: cellulose microcristalline, dioxyde de silicium, stéarate de magnésium, gélatine.

Information sur les risques: Les suppléments de zinc peuvent provoquer une carence en cuivre.

Ce produit ne contient aucun ingrédient laitier, oeuf, gluten, crustacés, soya, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.



Zinc Citrate
50 mg

easy-to-swallow CAPSULES

Helps to Maintain Immune Function

100 capsules
NPN 80012487

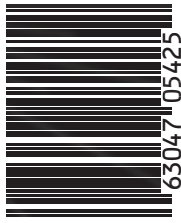
Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.

www.naturesharmony.com
1-877-929-2548

SunOpto Inc.
6 Commerce Crescent
Acton, ON L7J 2K3

A Proud Canadian Company
Une compagnie canadienne fière de l'être.



0 63047 05425 2

06257201-04