



# Zinc Gluconate

*Nature's Harmony® Zinc Gluconate provides 50 mg of elemental zinc derived from 350 mg of zinc gluconate. Zinc is important for growth and development and for the health of body tissues and the immune system.*

PRODUCT CODE: 400619

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A factor in the maintenance of good health. Helps to maintain healthy skin and immune function.	Tablet	Take 1 tablet daily with a meal, 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:** Moducare®.

## HOW IT WORKS:

The 2 to 3 grams of zinc found in the body function as cofactors in over 300 enzymatic reactions and act 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 Gluconate

## RESEARCH:

Zinc Gluconate 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. The most common adverse reactions 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:

 <p><b>Gluconate de Zinc</b> 50 mg</p> <p><b>Aide au maintien des fonctions immunitaires</b></p> <p><b>60 comprimés</b> NPN 80008645</p>	<p><b>Usage recommandé:</b> Un facteur dans le maintien d'une bonne santé. Aide au maintien d'une peau saine et des fonctions immunitaires.</p> <p><b>Dose recommandée (adultes):</b> Prendre 1 comprimé par jour, accompagné d'un repas, quelques heures avant ou après avoir pris un médicament.</p> <p><b>Ingrédient médicamenteux:</b> Chaque comprimé contient: Zinc (gluconate).....50 mg</p> <p><b>Ingrédients non médicamenteux:</b> cellulose, stéarate de magnésium, glycolate d'amidon sodique, hypromellose, glycérine.</p> <p><b>Information sur les risques:</b> Une supplémentation en zinc peut causer une carence en cuivre.</p> <p>Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites, dérivés d'origine animale ou colorants, arômes ou agents de conservation artificiels.</p> <p><b>RANGER DANS UN ENDROIT FRAIS ET SEC. GARDER HORS DE PORTÉE DES ENFANTS.</b></p>	 <p><b>Zinc Gluconate</b> 50 mg</p> <p><b>Helps to Maintain Immune Function</b></p> <p><b>60 Tablets</b> NPN 80008645</p> <p><b>STORE IN A COOL DRY PLACE. KEEP OUT OF THE REACH OF CHILDREN.</b></p>	<p>Actual Size / Grandeur réelle</p> <p><b>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</b></p> <p>www.naturesharmony.com 1-877-929-2548</p> <p> SunOpta Inc. 6 Commerce Crescent Knox, ON L7J 2K3</p> <p> A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p> 63047 00619 0</p> <p>400619 01-04</p>
---	---	---	--