



Zinc Lozenges with Vitamin C

Nature's Harmony® Zinc Lozenges with Vitamin C are delicious, natural, cherry-flavoured lozenges with the addition of echinacea, slippery elm, marshmallow and thyme to increase their immune-enhancing properties.

PRODUCT CODE: 400621

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain immune function.	Lozenge (cherry flavoured)	Dissolve 1 lozenge slowly in the mouth up to six times daily. Take with food a few hours before or after taking medication.

DESCRIPTION:

Nature's Harmony® Zinc Lozenges with Vitamin C provide 5 mg of zinc in the form of gluconate and citrate. The addition of 50 mg of vitamin C (ascorbic acid) and 30 mg of echinacea (*E. purpurea* and *E. angustifolia*) herb and root increases the cold-fighting, immune-enhancing properties of these lozenges.

Zinc and vitamin C have long been advocated for treating the common cold. Three other herbs round out the formula: thyme (*Thymus vulgaris*), for its antiseptic and disinfectant properties; slippery elm (*Ulmus fulva*) bark, for its ability to soothe sore throats; and marshmallow (*Althaea officinalis*) root, for its ability to relieve irritation and inflammation of the mucous membranes.

Recommended Daily Allowance: N/A

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

Causes of Deficiency:
Zinc: Poor diet, excess fibre, excess phytic acid.
Vitamin C: Poor diet.

Symptoms of Deficiency:
Zinc: Susceptibility to infection, slow wound healing, diminished appetite, impaired sense of taste and smell, impaired night vision.
Vitamin C: Bleeding gums, easy bruising, poor wound healing, susceptibility to infection.

Complementary Nutrients:
Zinc: A healthy diet.
Vitamin C: Bioflavonoids, vitamin E, selenium, beta carotene.



DID YOU KNOW...

In addition to shortening the duration of colds, zinc lozenges may also help canker sores in the mouth heal faster.

Zinc Lozenges with Vitamin C

HOW IT WORKS:

Zinc lozenges are known to help reduce the duration of the common cold if taken within 24 hours of the onset of a cold and then continued every two to three hours while awake. Vitamin C and echinacea add more power to the immune-boosting properties of the zinc, and the addition of the herbs thyme, slippery elm bark and marshmallow root provide further infection-fighting and membrane-soothing properties to the formula.

RESEARCH:

The efficacy of Zinc Lozenges with Vitamin C is supported by scientific research. In a double-blind study, subjects were randomized to receive zinc lozenges containing 13.3 milligrams of zinc every 2 hours while awake for as long as they had symptoms of the common cold. Subjects were enrolled within 24 hours of first reporting cold symptoms. Median time to complete resolution of cold symptoms was 4.4 days in those supplemented with zinc, compared with 7.6 days in those receiving placebo.

SIDE EFFECTS:

May cause nausea, vomiting, esophagitis, heartburn, abdominal cramps, gastrointestinal obstruction, fatigue, flushing, headache, insomnia, sleepiness, diarrhea and hyperoxaluria. Zinc may impair copper absorption.

INTERACTIONS AND SAFETY CONSIDERATIONS:


Zinc may interact negatively with aluminum-containing antacids, warfarin, heparin, captopril, chlorthalidone, cisplatin, tetracycline, fluoroquinolones, interferon alpha-2B, penicillamine, potassium-sparing and thiazide diuretics and dobutamine.

Echinacea supplementation is not recommended for those with allergies to plants in the sunflower family.

OTHER CONSIDERATIONS:


Do not use if pregnant or breastfeeding, or if you have an allergy to the Asteraceae/Compositae (daisy) family. Consult a health care practitioner prior to use if you take tetracyclines, have rheumatoid arthritis, a progressive systemic disease such as tuberculosis, leukosis, collagenosis, multiple sclerosis, an auto-immune disorder such as AIDS or HIV infection, or if you take immunosuppressants. Consult a health care practitioner if symptoms persist.

LABEL:



Pastilles de zinc
avec vitamine C et échinacée
Aromatisées au jus naturel de cerise
Aide au maintien des fonctions immunitaires
60 pastilles

Usage recommandé: Aide au maintien des fonctions immunitaires.
Dose recommandée (adultes): Dissoudre lentement 1 pastille dans la bouche jusqu'à six fois par jour. Prendre avec un repas quelques heures avant ou après avoir pris un médicament.
Ingédients médicinaux:
Chaque pastille contient:
Zinc (gluconate, citrate) 5 mg
Vitamine C (acide ascorbique) 50 mg
Ingédients non médicinaux: échinacée, racine de guimauve en poudre, écorce d'orme rouge, thym, gomme arabique, carmin, poudre de cerise, sésarate de magnésium, maltodextrine, mannitol, sirop de maïs modifié, saveur naturelle de cerise, dioxyde de silicium, sorbitol.
Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante, ou si vous êtes allergique à la famille des Astéracées/Composées (marguerite). Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez des tétracyclines, ou si vous souffrez de polyarthrite rhumatoïde, d'une maladie systémique progressive telle que tuberculose, leucosé, collagénose, sclérose en plaques, ou d'un trouble auto-immun tel que SIDA ou infection à VIH. Consulter un praticien de soins de santé si les symptômes persistent.
Ce produit ne contient pas d'ingrédient laitier, gluten, soya ou colorants, arômes ou agents de conservation artificiels.
RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.



Zinc Lozenges
with Vitamin C and Echinacea
Natural Cherry Juice Flavour
Helps maintain immune function
60 Lozenges

Recommended Use: Helps maintain immune function.
Recommended Dose (Adults): Dissolve 1 lozenge slowly in the mouth up to six times daily. Take with food a few hours before or after taking medication.
Medicinal Ingredients:
Each lozenge contains:
Zinc (gluconate, citrate) 5 mg
Vitamin C (ascorbic acid) 50 mg
Non-medical Ingredients: Echinacea, marshmallow root powder, slippery elm bark, thyme, gum arabic, carmine, cherry powder, magnesium stearate, maltodextrin, mannitol, modified corn syrup, natural cherry flavor, silicon dioxide, sorbitol.
Risk Information: Do not use if pregnant or breastfeeding, or if you have an allergy to the Asteraceae/Compositae (daisy) family. Consult a health care practitioner prior to use if you take tetracyclines, have rheumatoid arthritis, a progressive systemic disease such as tuberculosis, leukosis, collagenosis, multiple sclerosis, an auto-immune disorder such as AIDS or HIV infection, or if you take immunosuppressants. Consult a health care practitioner if symptoms persist.
This product does not contain dairy, gluten, soy, or artificial colours, flavours or preservatives.
STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

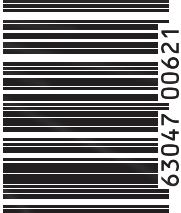
Actual Size
Grandeur réelle

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

www.naturesharmony.com,
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