

Zinc 15mg

as citrate for maximum absorption

Presentation

A white round tablet.

Each tablet delivers:

Zinc (as Citrate) 15mg

Tableted with:

Calcium Carbonate, Modified Starch, Cellulose,
Silicon Dioxide, Magnesium Stearate, Stearic Acid.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
90 & 180

type
tablets

code
8282



Uses

The refining of cereal grains, a major dietary staple in the UK, has been shown to remove up to 90% of the available zinc content of these foodstuffs. This, combined with the trend to eat less animal-derived protein, is likely to be one of the reasons why a staggering one out of three adults in the UK receive less than the Nutrient Reference Value (NRV) for this mineral.

Zinc is an integral part of insulin, the hormone used for the treatment of diabetes, and is essential for all protein synthesis in the body. Any extra physical or mental demands made on the body can increase the need for zinc or cause our bodies to lose extra zinc, whereas phytate and fibre rich foods inhibit the absorption of zinc from food.

One fifth of zinc in the body is found to be in skin. Zinc helps tissue renewal and is involved in some of the enzymatic reactions necessary for skin's normal oil gland function.

The maintenance of the health of several body systems such as the nervous, immune and reproductive systems are influenced by zinc, as are the senses of taste and smell.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

