

Zinc 25mg

as citrate for maximum absorption

Presentation

A white round tablet.

Each tablet delivers:

Zinc (as Citrate) 25mg

Tableted with:

Calcium Carbonate, Crosslinked Cellulose Gum, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
120

type
tablets

code
8286



Uses

Zinc is an essential mineral that your body does not make on its own and must be obtained through the diet. Zinc is necessary for the activity of over 300 enzymes that aid in metabolism, digestion, nerve function and many other processes. It aids growth, DNA synthesis, immune function and more. It is the second-most-abundant trace mineral in your body, after iron, and is present in every cell.

Although severe zinc deficiency is rare, milder forms of zinc deficiency are more common, with around 2 billion people worldwide being deficient in zinc. Risk factors for zinc deficiency include insufficient dietary intake, poor absorption, alcoholism, genetic mutations and old age.

Lamberts® zinc is in the citrate form which is bioavailable for maximum absorption.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.
Long term intake of 25mg or above may lead to anaemia.

Storage instructions

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

Legal category

Food supplement.

