

# ZINC



Zinc is an essential trace mineral and serves several important roles in your body. From its roles in carbohydrate and protein metabolism to its importance in your overall immune system function, Zinc is vital to a well-rounded health routine. Although necessary, the body has no specialized system for storing this vitamin. Our Wellness Warrior Zinc tablets are specifically formulated to better absorb into your system – providing you with all its benefits faster and stronger than the rest.

## CLINICAL APPLICATIONS

- ◆ Promotes immune and reproductive health
- ◆ Boosts antioxidant activity
- ◆ Plays a role in sensory perception
- ◆ Supports enzymatic reactions & protein metabolism

## Discussion

The vitamin Zinc has a pivotal role in several processes within the human body – such as wound healing, inflammatory responses, growth and development, DNA synthesis, and so much more. It is highly-concentrated in the liver, pancreas, kidneys, bone, muscles, eyes, prostate gland, sperm, skin, hair, and nails.

Specifically, Zinc and vitamin A have a fundamental relationship as zinc is required for synthesis of proteins that transport vitamin A throughout the blood, commonly known as retinol-binding proteins. Supporting healthy vision in general (especially as we age!) Zinc's never ending job description includes roles in sensory perception – not limited only to vision, but also to normal taste and smell acuity.

As our bodies have no specialized way to absorb and store this vitamin, our high-potency source of zinc is made to enhance intake and retention within your system. Wellness Warrior Zinc tablets include quercetin to facilitate its absorption across the intestinal wall and reduce interference from competing minerals.

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Zinc (as Zinc Gluconate)	25 mg	227%

### Additional Information:

**(60 tablets)** Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Colloidal Silicon Dioxide, Magnesium Stearate, Croscarmellose Sodium.

Manufactured in a GMP compliant facility and strictly followed GMP standards. Each bottle meets the highest standards of safety, potency, and purity.

### Directions:

*Adults:* only one to two tablets per day. *Children:* one to two tablets spaced out over a week. We suggest taking Zinc with food, preferably a lunchtime meal. It is recommended to stay below 50mg of Zinc intake a day.

### Storage:

Best stored at 20-25 Celsius (68°F to 77°F). Keep it away from exposure to direct sunlight, high heat, and high humidity.

### Pairs well with:

Wellness Warrior Vita D3 or Immune Pack

