



Supports healthy **immune function**, strengthens **resistance to minor infections** and helps maintain **healthy skin, vision** and **reproductive system function**

KEY BENEFITS

- ✓ Helps maintain healthy immune function
- ✓ Important for production of collagen and connective tissue
- ✓ Assists normal minor wound healing
- ✓ Maintains normal hair, skin and nails
- ✓ Supports eye health
- ✓ Maintains healthy reproductive system
- ✓ Provides antioxidant benefits

PRODUCT FEATURES

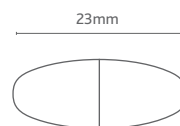
- ✓ High-strength formula
- ✓ Contains zinc glycinate, which is more bioavailable (readily absorbed) compared to some other forms of zinc, such as zinc oxide
- ✓ With 1000mg of vitamin C plus vitamin B6

ACTIVE INGREDIENTS

Each tablet contains:

Zinc glycinate (OptiChel [®] ZN) equivalent to elemental zinc	164.5mg 50mg
Ascorbic acid	500mg
Sodium ascorbate equivalent to ascorbic acid	562mg 500mg
Total ascorbic acid (Vitamin C)	1000mg
Pyridoxine hydrochloride equivalent to pyridoxine (Vitamin B6)	60.8mg 50mg

Suitable for vegetarians and vegans. NO artificial flavours or preservatives, added yeast, gluten, wheat, nuts, dairy or animal products.



DOSAGE

Adults: Take ½-1 tablet once daily with food.
Child 6-12yrs: Take ½ tablet once daily with food.

CAUTIONS/CONTRAINDICATIONS

- Contains zinc which may be dangerous if taken in large amounts or for a long period.
- During pregnancy, always consult with a qualified healthcare practitioner before taking nutritional supplements.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Vitamin and mineral supplements should not replace a balanced diet. Made in Australia.

BACKGROUND INFORMATION



Zinc is an essential trace mineral, which, next to iron, is the second most abundant trace mineral in the body. It is a component in over 200 enzymes. Zinc is stored primarily in muscle, but high concentrations are also found

in red and white blood cells and the retina of the eye. It is also found in bones, skin, kidney, liver, and the pancreas. In men, the prostate gland contains more zinc than any other organ.

ZINC AND IMMUNITY

One of the important roles of zinc is to help maintain a healthy function of the immune system. Zinc and vitamin C are involved in a healthy activity of immune cells, with zinc involved in the healthy function of neutrophils, natural killer cells and lymphocytes (T-cells).

Zinc may help strengthen resistance to minor infections associated with inadequate dietary intake of zinc.

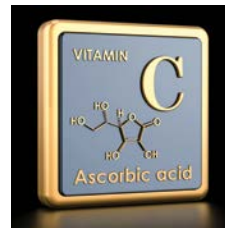
OTHER FUNCTIONS OF ZINC

Zinc is a part of some important antioxidant compounds, helping with reducing oxidative stress in the body.

It's an essential mineral for normal growth and development, with increased zinc requirements early in life. It is necessary to maintain healthy vision, taste, and smell.

Zinc helps to maintain healthy, strong nails, including nail growth and condition. It helps maintain normal healthy hair and may help manage minor hair loss associated with inadequate zinc intake.

Zinc is important for healthy functioning of both male and female reproductive systems.



Both **zinc** and **vitamin C** are also important for the synthesis of connective tissue (collagen) and are therefore essential for maintaining skin health.

Zinc is important for skin healing, including minor wounds, cuts, scratches, abrasions, burns, pimples and blemishes.

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COMPANION PRODUCTS



Cold & Flu - Contains herbs used to help fight cold and flu symptoms in traditional Chinese and Western herbal medicine.



Astra 8 Immune Tonic - With herbs used to support immune health plus reduce cold & flu frequency in traditional Chinese and Western herbal medicine.