

# ZINC

50 mg

## IMMUNE, SKIN, AND ANTIOXIDANT SUPPORT†



NutraMedix Zinc contains bisglycinate zinc, the form of zinc that has superior bioavailability compared to zinc gluconate. NutraMedix Zinc is well tolerated, offers excellent tissue retention, and is gentle on the system.

The oral bioavailability of zinc bisglycinate chelate was compared in two clinical research trials to zinc gluconate, a commonly used chelate form in zinc supplements. The first trial, a randomized crossover trial, showed that a single dose of zinc bisglycinate had a significantly higher bioavailability than zinc gluconate.<sup>1</sup> A subsequent double-blind, placebo-controlled trial revealed that a 60 mg daily dose of zinc bisglycinate significantly increased plasma zinc. Also, once again, zinc bisglycinate had superior bioavailability to the gluconate form, promoting increased absorption.<sup>2</sup>

NutraMedix Zinc, in bisglycinate chelate form, is an educated choice for any zinc need.

*Gandia P, Bour D, Maurette JM, et al. A bioavailability study comparing two oral formulations containing zinc (Zn bis-glycinate vs. Zn gluconate) after a single administration to twelve healthy female volunteers. Int J Vitam Nutr Res. 2007;77(4):243-8. doi: 10.1024/0300-9831.77.4.243.*

*DiSilvestro RA, Koch E, Rakes L. Moderately high dose zinc gluconate or zinc glycinate: effects on the plasma zinc and erythrocyte superoxide dismutase activities in young adult women. Biol Trace Elem Res. 2015;168(1):11-14. doi: 10.1007/s12011-015-0334-3.*

### Zinc

Bisglycinate  
Chelate



## HOW TO USE

Keep the bottle tightly closed in a dry place at room temperature (59-86°F or 15-30°C). With clean hands, unscrew the bottle's lid and take out capsules. Place each capsule on tongue and wash down with a glass of water. The standard serving size is 1 capsule.

## SUGGESTED USE

Take one capsule daily after a meal or as directed by your physician. Do not use if pregnant or nursing. Discontinue use if adverse reactions develop.



CONTAINS CAREFULLY SOURCED  
INGREDIENTS



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