

# Zinc

20 mg as Monomethionine



## DESCRIPTION

Zinc tablets supply zinc monomethionine, a chemically defined, patented organic compound which provides zinc and the amino acid methionine in a 1:1 ratio. Each tablet contains 20 mg of elemental zinc, exclusively in the form of zinc monomethionine. This form of zinc has been shown in numerous studies to be better absorbed, retained longer and be more effective than other forms of zinc.

## FUNCTIONS

Zinc is an essential trace element involved in most major metabolic pathways. General signs of human zinc deficiency indicate that zinc has important functions in maintaining immune function, reproduction, healthy skin, and growth. Numerous studies support the fundamental role of zinc in normal immune response in humans. Immune cells must be able to rapidly divide in order to respond to daily challenges. Like all rapidly dividing cells, immune cells depend on adequate amounts of dietary zinc.

As a cofactor of the antioxidant enzyme superoxide dismutase (SOD), zinc can be considered an antioxidant nutrient. Zinc supplementation has been shown to increase the antioxidant activity of SOD, and provide increased free radical protection. Zinc deficiency is associated with increased oxidative damage.

Absorption of toxic heavy metals, especially cadmium and lead, is lower in individuals with high zinc status compared to those with low zinc status. The body pool of readily available zinc appears to be small, which renders the body susceptible to deficiency and therefore dependent on a steady dietary supply of bioavailable zinc. While typical zinc intake in U.S. adults are between 10 and 15 mg per day, which approach the RDA, intakes in the elderly are often low. Pregnant women are also at risk for zinc deficiency, since they have a higher requirement for this trace element. Frequently, vegetarians and chronically depressed individuals have been found to have low zinc status. Human and animal studies show that zinc monomethionine is well absorbed and retained compared to many other zinc supplements tested.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## INDICATIONS

Zinc 20 mg may be a useful nutritional adjunct for individuals who wish to increase their intake of zinc.

## FORMULA (WW #10164)

### One (1) Tablet Contains:

Zinc (monomethionine).....20 mg  
Other Ingredients: dicalcium phosphate, cellulose, vegetable stearin, cellulose gum, magnesium stearate, and silica.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

1 tablet daily with meals or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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- Donovan UM, Gibson RS. Iron and zinc status of young women aged 14 to 19 years consuming vegetarian and omnivorous diets. *J Am Coll Nutr* 1995;14:463-472
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