



Zinc Citrate

Supports Healthy Skin and Immune Function · 15 mg

- Provides 15 mg of elemental zinc per tablet
- Zinc is needed for hundreds of enzymes
- Provides support for immune, reproductive, metabolic, and musculoskeletal health
- Zinc citrate is a highly bioavailable form of zinc
- Provides a daily maintenance dose of 15 mg per serving

Code: 9140 **NPN:** 80125094

Size: 90 Tablets

Actual Size: 9.66 mm



PRODUCT SUMMARY

Zinc citrate is a highly bioavailable form of this essential mineral, the second most abundant micronutrient in the body. It is needed by at least 200 enzymes and bound by nearly 3,000 proteins. Zinc is needed for a wide range of physiological functions, including those related to immune, neurological, and metabolic function, reproductive health, wound healing, and musculoskeletal growth and development.

Zinc deficiency, estimated to be one of the most prevalent deficiencies worldwide, has been associated with increased oxidative stress, infertility, impaired immune function, increased insulin resistance, inflammation, and altered lipid metabolism. Zinc deficiency has also been associated with reduced testosterone levels and male infertility, while clinical trials have shown that zinc supplementation helps restore testosterone levels and improve sperm volume and quality. Zinc supplementation has also been shown to reduce the duration and symptoms associated with upper respiratory infections, and to improve several biomarkers of cardiovascular risk and oxidative stress.

Risk for zinc deficiency is greater among children and older adults, pregnant women, people with lower dietary intake, including vegetarians/vegans and individuals on a low-calorie diet, and individuals with impaired absorption, such as those with celiac or inflammatory bowel disease. Zinc citrate has been shown to be a highly bioavailable form of supplemental zinc, superior to zinc oxide and comparable to zinc gluconate.



ZINC CITRATE
SUPPORTS HEALTHY SKIN AND IMMUNE FUNCTION · 15 MG

Serving Size: 1 Tablet
Servings Per Container: 90

Each Tablet Contains:

Zinc (Citrate). 15 mg

Non-medicinal Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: 1–2 tablets per day or as directed by a health care practitioner. Take with food, a few hours before or after taking other medications or natural health products.

Recommended Use: Helps in connective tissue formation and in maintaining the body’s ability to metabolize nutrients. Supports healthy skin and immune function and is a factor in the maintenance of good health.

Caution: Zinc supplementation can cause a copper deficiency. Keep out of reach of children.

Contraindications: No known contraindications.

Drug Interactions: Zinc may reduce the absorption of some medications, including fluoroquinolones and tetracycline.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Bioclinic Naturals® Canada
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