

# Zinc Citrate - 50mg

Support your patient's immunity, mood, skin, hormones and vision, all with just one powerful mineral and one essential vitamin. 50mg of elemental zinc delivered with 400mg of vitamin C per vegetable capsule.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Each vegetable capsule provides 50mg of elemental zinc with 400mg of vitamin C to ensure adequate acidity for optimal absorption and tolerability
- Indicated for boosting immunity, balancing mood, improving skin health, balancing various hormones and vision support
- Should be considered in seniors, those with digestive health disorders, vegetarians, pregnant women and those who are on multiple prescription medications

Classically, individuals with suboptimal zinc levels present with symptoms of poor immunity, impaired wound healing, skin conditions and poor taste function. However, these are just the most well-known signs of zinc deficiency. Zinc's role in overall health is much more complex.

Zinc's reputation as an immune boosting mineral is well-deserved as it is required for the normal development and function of natural killer cells, neutrophils, macrophages and various cytokines. Research has shown that it is capable of preventing viral replication in the upper respiratory tract,

making it acutely indicated during the common cold and other infections.

When it comes to hormonal balance, zinc helps to stabilize insulin and thereby regulate blood sugar levels. It is also involved in thyroid health by increasing receptor sensitivity to triiodothyronine (T3). Finally, in males, a zinc-deficiency can negatively affect sperm parameters and it is one of the few nutrients that has been shown to contribute to low testosterone levels.

Other clinical conditions where zinc supplementation has proven to be beneficial include eating disorders, age-related macular degeneration, diabetic peripheral neuropathy, gastric ulcers, oligospermia and depression. Populations with greater zinc requirements include seniors, those with digestive health disorders, vegetarians, pregnant women and those who are on multiple prescription medications.

Vitamin C has similar responsibilities as zinc within the body. For example, vitamin C has a primary role in the maintenance of connective tissues, wound healing and proper immune function. Much like zinc, vitamin C is commonly used as a stand-alone treatment to reduce the severity and duration of the

common cold. In spite of its utter importance for optimal health, the human body cannot synthesize vitamin C and dietary sources are required to maintain adequate levels.

Cyto·Matrix's Zinc Citrate provides 50mg of elemental zinc in the well absorbed and tolerated citrate salt form, with an additional 400mg of vitamin C per capsule. These two nutrients have been studied in combination for the common cold and shown to significantly and quickly reduce rhinorrhea. The added vitamin C in Cyto·Matrix's Zinc Citrate also ensures adequate acidity for optimal absorption and tolerability of high-dose zinc in the citrate salt form.

#### Each capsule contains

Zinc .....	50mg
(zinc citrate)	
Vitamin C .....	400mg
(ascorbic acid)	

#### Non-Medicinal Ingredients

Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

#### Recommended Use Claim

A factor in the maintenance of good health. Helps in connective tissue formation. Helps to maintain immune function.

#### Directions of Use

Adults - Take 1 capsule per day with food, or as directed by a healthcare professional. Take a few hours before or after taking other medications.

#### Cautions and Warnings

Do not use if safety seal is broken.

#### Known Adverse Reactions

Zinc supplementation can cause a copper deficiency.

#### Storage Conditions

Do not use if safety seal is broken.