

Zinc citrate 30



Zinc as bioavailable zinc citrate in high dosage

Besides iron, zinc is the second most abundant trace element in the body and is required for numerous biochemical processes. Among other things, zinc contributes to the functional maintenance of a normal immune system and helps to protect the cells from oxidative stress. In addition, many cell functions are influenced by zinc: It is a component of many enzymes, is regulatively involved in hormone balance and is part of the synthesis of proteins or DNA building blocks. It is also involved in cell growth and differentiation.

With 30 mg zinc per capsule in the readily bioavailable organic citrate form, Biogena Zinkcitrat 30 is suitable for covering the special zinc requirement and can contribute to a sustainable micronutrient supply as an additional component of a balanced diet. Consuming one capsule every other day covers the recommended daily intake of 15 mg zinc.

Zinkcitrat 30

- Zinc contributes to the normal functioning of the immune system and to the protection of cells against oxidative stress
- Zinc contributes to the maintenance of normal skin, hair, nails and bones
- Zinc contributes to normal protein and DNA synthesis as well as normal fatty acid and carbohydrate metabolism
- With 30 mg zinc per capsule in easily absorbable citrate compound; recommended for taking every second day (daily dose: 15 mg zinc)


Possible applications:

- To maintain the function of the normal immune system
- To protect the cells from oxidative stress
- For normal protein and DNA synthesis
- For the supply of high-dose zinc for special requirements

Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Fructose free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

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INGREDIENTS per daily dose	per daily dose (at 1 capsule every 2nd day)	% NRV*
Zinc	15 mg	150

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Bulking agent: calcium carbonate, zinc citrate, hydroxypropyl methyl cellulose (capsule shell).

RECOMMENDED DOSAGE

1 capsule every other day taken with a meal and plenty of liquid. This corresponds to a daily intake of 15 mg of zinc. It is recommended to limit the intake to a few weeks/months.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

Suitable for adults only.

PACKAGE SIZE AND CONTENT

60 capsules (4 month supply), 19 g

180 capsules (12 month supply), 58 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 07.02.2019.



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