

# Zinc Supreme™

*A superior form of zinc with cofactors for better results*

Zinc is a ubiquitous mineral involved in many enzymatic processes, as well as proper immune and regulatory functions. This superior chelated zinc product is enhanced with vitamins B2 and B6, molybdenum, taurine and malic acid for optimal zinc supplementation. These nutrients work with zinc to provide exceptional utilization for our bodies to perform vital enzymatic reactions and functions. Zinc and the amino acid taurine work together to support healthy vision and to aid in the optimal functioning of the central nervous system. The mineral molybdenum helps prevent the excretion of zinc, and vitamin B6 has been shown to help maintain zinc levels.

## Functions of Zinc

The beneficial effects of zinc are extensive. Healthy skin can be maintained with proper zinc levels. Zinc is essential for growth and physical development, and for the metabolism of proteins, fats, and carbohydrates. Most aspects of reproduction in both males and females require zinc. This mineral is also vitally important to the immune system. Practically every enzyme reaction in the brain involves zinc, as do the development and function of the central nervous system. The highest concentrations of zinc are in the ears and eyes. Thus, this mineral can be beneficial in maintaining proper hearing and visual acuity. Zinc is also involved in supporting healthy blood sugar levels.

## Zinc Deficiency

Some individuals can be at risk for zinc deficiency, such as the elderly, adolescents, nursing mothers, and chronic dieters. However, most cases of zinc deficiency are due to poor diet, chronic stress, vegetarianism, or excessive alcohol intake. Some deficiencies may also result from exposure to toxic metals, such as cadmium from cigarettes or excess copper from copper-lined tap water pipes.

## Chelated Minerals for Superior Absorption

The minerals in this product are in chelated forms. Chelation is the bonding of minerals to amino acids, which results in molecules that are more easily assimilated by the body. The old saying—"you are what you eat"—is only half true. *You are what you eat and absorb.* When taken as supplements, chelated minerals are better absorbed and used in the body.

## Recommended Use:

As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.

### Zinc Supports:

- Healthy skin
- Proper growth and development
- Healthy metabolism
- Healthy reproduction
- Immune and nervous systems
- Healthy blood sugar levels
- Hearing and visual acuity



\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).