



ZINC

ITG Survive & Thrive

ZINC 50mg

Non-GMO Formula

Dietary Supplement 100 Tablets

Supplement Facts	
Serving Size 1 Tablet Servings Per Container: 100	
Amount Per Serving	%Daily Value
Zinc (as oxide / citrate)	50 mg 455%

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, vegetable stearic acid, vegetable magnesium stearate, croscarmellose sodium, silicon dioxide and aqueous film coating (purified water, hydroxypropyl methylcellulose, and vegetable glycerin).

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

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.

SUGGESTED USE: 1 tablet daily preferably with a meal or as directed by a healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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Zinc is a mineral. It is called an "essential trace element" because very small amounts of zinc are necessary for human health. Since the human body does not store excess zinc, it must be consumed regularly as part of the diet.

Function – Zinc is needed for immune cell development and communication and plays an important role in inflammatory response. A deficiency in this nutrient significantly affects your immune system's ability to function properly, resulting in an increased risk of infection and disease, including pneumonia.¹

Immune Support – Zinc deficiency affects around 2 billion people worldwide and is very common in older adults. In fact, up to 30% of older adults are considered deficient in this nutrient.² Numerous studies reveal that zinc supplements may protect against respiratory tract infections like the common cold.^{3,4} Supplemental zinc may also help reduce the duration of the common cold.⁵

Summary – Zinc may reduce the duration of cold symptoms, support blood sugar control, improve severe and inflammatory acne, decrease heart disease risk, and slow the progression of macular degeneration.

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Vitamin Sources – Common dietary sources of zinc include red meat, poultry, and fish. Zinc is a mineral that’s commonly added to supplements and other healthcare products like lozenges that are meant to boost your immune system.

Suggested Serving – 1 Tablet Daily 50 mg

Resources:

¹ ncbi.nlm.nih.gov/pmc/articles/PMC2820120

² ncbi.nlm.nih.gov/pmc/articles/PMC5748737

³ pubmed.ncbi.nlm.nih.gov/19710611

⁴ pubmed.ncbi.nlm.nih.gov/27255474

⁵ ncbi.nlm.nih.gov/pmc/articles/PMC5418896

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