

Zinc 30 Orotate 100 capsules



Zinc 30 Orotate is in an orotate compound which is ideally suited for sensitive individuals with poor absorption mechanisms. It also contains chlorella algae which has a high content of amino acids and minerals, and improves the absorption of zinc.

Zinc is an essential mineral found in almost every cell of the body. It is the most common mineral deficiency in the western world.

It stimulates the activity of approximately 100 enzymes and is itself a constituent of over two dozen enzymes involved in digestion and metabolism, including carbonic anhydrase which is vital to tissue respiration.

Zinc plays an important role in supporting the body's defence system, and is related to the normal absorption and actions of the B vitamins. Zinc supports a healthy immune system; helps to maintain the senses of smell and taste; and is required for DNA synthesis, thus supporting normal growth and development.

Zinc is essential for the healthy storage and metabolism of carbohydrates. It plays a fundamental role in collagen formation and healthy tissue development. This mineral is also essential for normal foetal and reproductive development, and it contributes to healthy prostatic function. It is required for the steroid synthesis of testosterone.

Other key functions of zinc include:

- the metabolism of proteins, lipids and vitamin A
- protein manufacture and the maintenance of healthy skin, hair and nails
- muscle growth
- protection of cells from oxidative damage
- maintenance of healthy bones
- supporting cognitive function
- healthy vision

Cautions: If you are pregnant or lactating, have any health condition or are taking any medication, consult your healthcare practitioner before use.

Directions: 1 capsule in the evening with water

Ingredients: Each capsule contains

- zinc orotate dihydrate (containing 30mg zinc) 190mg
- chlorella pyrenoidosa 65mg