



## ZINC GLYCINATE

### Highly Absorbable Chelated Zinc

- ✓ Highly bioavailable chelated zinc glycinate for better absorption\*
- ✓ Supports healthy immune system function\*
- ✓ Promotes the body's innate and adaptive immune mechanisms\*
- ✓ Supports antioxidant activity and enzyme function\*
- ✓ Third-party tested for purity and potency
- ✓ Non-GMO verified, certified vegan

Nordic Naturals Zinc Glycinate is a well-tolerated and highly absorbable form of the essential mineral zinc. Zinc supports the work of hundreds of proteins in the body and plays vital structural and metabolic roles in cells, including immune cells.\* Within the immune system, zinc influences the production and function of innate and adaptive immune cells and helps strengthen antioxidant defenses against free radicals.\*

- Allows individuals to safely increase their consumption of zinc for a short period of time, particularly during times of seasonal immune stress
- Vegetable cellulose capsules are perfect for people on plant-based diets
- One-capsule-per-day serving



## Frequently Asked Questions

**Q: How is the form of zinc in this product (zinc glycinate) different from other common forms of zinc?**

**A:** Zinc glycinate, an amino acid chelate, is a high-potency source of zinc formulated for enhanced bioavailability. In this form, zinc is combined with two glycine molecules to help facilitate its absorption across the intestinal wall and reduce interference from other competing minerals.\* A number of studies indicate that chelated zinc is better absorbed and more bioavailable than non-chelated zinc.<sup>1,2</sup> What's more, because glycine is the smallest of the amino acids, it forms the smallest amino acid trace element complex with the highest mineral content.

**Q: Can I take zinc on an empty stomach?**

**A:** We suggest taking Zinc Glycinate with food, as it helps mimic the natural way that the body expects to receive zinc (with a meal). Taking chelated zinc with food may actually help protect the complex from being broken apart too soon by stomach acid, allowing it to reach the intestines where it can be properly absorbed.

**Q: Can I take Zinc Glycinate with Nordic Immune™ Daily Defense?**

**A:** No. Nordic Immune Daily Defense already contains zinc so taking additional zinc is not necessary (unless directed to do so by your physician/health care provider).

**Q: Can I take too much zinc?**

**A:** Yes. You can have too much of a good thing! Long-term high-dose zinc supplementation can induce copper deficiency. The upper limit for zinc is 40 mg/day for both men and women. Above this level, zinc competes with copper for absorption in the small intestine. The goal of supplementation is to provide 'just enough' every day to achieve overall metabolic homeostasis, and not upset the body's highly complex and dynamic functioning.

**Q: Can kids take this product?**

**A:** No. This product was formulated for adults over the age of 18. Please consult your child's pediatrician for dosing recommendations appropriate for their specific age group.

| Supplement Facts  |                 |      |
|---|-----------------|------|
| Serving Size: 1 Capsule   |                 |      |
| Servings Per Container: 60  |                 |      |
| Amount Per Serving  | % Daily Value** |      |
| Zinc (as Zinc Glycinate)  | 20 mg           | 182% |
| **Percent Daily Values are based on a 2,000 calorie diet.                             |                 |      |
| Other Ingredients: microcrystalline cellulose, capsule (vegetable cellulose), silica. |                 |      |
| No gluten, milk derivatives, wheat, soy, or artificial colors or flavors.             |                 |      |

Rev. A-01  
Please recycle this container

## References:

1. Jarosz Ł, et al. Biol Trace Elem Res. 2019. 187(1): p. 258-272.
2. Richards J, et al. Open Access Animal Physiology. 2015. 7: p. 97-110.

To learn more, visit [nordicnaturals.com](http://nordicnaturals.com)  
To order, call 800.662.2544

\* 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.

