

FORMULATED FOR MAXIMUM ZINC ABSORPTION POTENTIAL

Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 90		
	Amount Per Serving	% Daily Value
Zinc (as Zinc Bisglycinate Chelate [TRAACS™] and Zinc Arginate Chelate [TRAACS™])	30 mg	273%
Copper (as Copper Bisglycinate Chelate) (TRAACS™)	1 mg	111%
Ginger root extract (<i>Zingiber officinale</i>) (6% gingerols)	50 mg	**
Artichoke aerial extract (<i>Cynara scolymus</i>) (7% chlorogenic acid)	50 mg	**
Betaine HCl	50 mg	**
**Daily Value not established.		

Other Ingredients: Cellulose (capsule), maltodextrin, microcrystalline cellulose, vegetable stearate, silicon dioxide, hydroxypropyl cellulose.

SUGGESTED USE: 1 CAPSULE PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

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- Two forms of fully-reacted Albion™ zinc amino acid chelates.*
- With Betaine HCl and Ginger & Artichoke bitter herb extracts to help enhance zinc tolerability and bioavailability.*
- Nutritional support for a healthy immune response, glycemic control, connective tissue, sensory & reproductive function.*

Zinc Select® provides your patients with two researched forms of chelated zinc with added botanical and digestive cofactors to help promote maximum absorption and bioavailability.

ZINC is a nutritionally essential mineral for which marginal deficiencies are common. The best dietary sources of zinc are animal foods: oysters, shellfish, beef, poultry and eggs. Nuts and legumes are good plant sources but the high levels of phytic acid in these foods (as well as in whole grains) interfere with zinc absorption, putting whole food vegetarians and others eating a high fiber diet at increased risk for zinc deficiency.

Additional populations at risk for zinc deficiency include pregnant and lactat-

ing women, patients with anorexia nervosa or protein-energy malnutrition, elderly people taking one or more prescription drugs and individuals with intestinal inflammation, celiac disease or any digestive disorder marked by persistent diarrhea.

Owing to its multiple roles in human physiology, the symptoms associated with zinc deficiency are wide and varied. Some familiar signs of inadequate zinc status include: frequent and/or severe infections, delayed wound healing, dermatological disorders of both body and scalp integument, hair loss, joint and connective tissue disorders, reproductive disorders (most notably infertility, prostate problems and menstrual irregularities), inflammatory gastrointestinal problems, decreased insulin sensitivity, impaired sleep and various psycho-behavioral disturbances. Loss of smell and loss of taste, along with night blindness, are also common signs of zinc deficiency.

At least 300 different enzymes in the body rely on zinc to function. Zinc forms a structural component of the antioxidant enzyme *copper-zinc superoxide dismutase* and, as part of the immune system, is involved in maintaining healthy T-cell, cytokine and neutrophil function. Clinically, zinc has been associated with improved immune health in people of all ages. Examples include a 2013 double-blind randomized controlled trial, where 15 mg of zinc bisglycinate once daily for 3 months helped significantly reduce the duration of cold symptoms in school children. In another recent study, supplementing with zinc helped to decrease inflammation and improve the immune response to pathogen invasion in elderly subjects.

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* 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.



Numerous factors influence and may impair zinc absorption, whether the zinc is supplied by dietary sources or by supplements. To increase its bioavailability potential, **Zinc Select®** provides researched, fully-chelated forms of zinc in combination with absorption-supportive nutritional cofactors, as outlined below:

PREMIUM FORMS OF WELL-ABSORBED, CHELATED ZINC Of the various available forms of supplemental zinc, amino acid chelates (AAC) have been studied to be among the most well-absorbed. **Zinc Select®** contains 30 mg of zinc as fully reacted Zinc Bisglycinate Chelate and Zinc Arginate Chelate, provided in a 2:1 ratio. Upon intestinal cleaving, these AACs yield both the target mineral, zinc, and two physiologically important amino acids, glycine and arginine. *Glycine* is a precursor for collagen and other proteins. It functions as an inhibitory neurotransmitter regulating synaptic transmission in the central nervous system and has been shown to stimulate gastric acid secretion in humans, promoting mineral absorption. *Arginine* is a conditionally essential amino acid that serves as the immediate precursor of nitric oxide, a chemical required for healthy blood flow and vasodilation.

COPPER BISGLYCINATE CHELATE is added to **Zinc Select®** in a recommended ratio of 1 mg copper : 30 mg zinc to help maintain proper intestinal copper absorption and to support healthy mineral balance. Our state-of-the-art chelated zinc and copper come from Albion Laboratories, providing the gold standard in bioavailable mineral ingredients.

GINGER ROOT & ARTICHOKE EXTRACTS Because intestinal zinc absorption is inhibited by the presence of food (notably foods containing phytates or casein) zinc supplements are considered to be best absorbed when taken alone. However, taking zinc on an empty stomach may cause some people to experience nausea or digestive upset. To address this concern, **Zinc Select®** contains extracts of two researched botanical bitters: *Ginger* and *Artichoke*. These herbs are known to help decrease nausea, stimulate gastric juice and bile secretion and enhance digestion and absorption. Along with helping to minimize the potential for negative GI effects in sensitive individuals, the herbal extracts in **Zinc Select®** may help to enhance zinc bioavailability whether the product is taken by itself or with a meal. An 8-week study published in 2013 reported higher intestinal uptakes of zinc in animals fed pungent spices including ginger.

BETAINE HCL in a modest (50 mg) dose helps to gently lower gastric pH and may help to facilitate zinc absorption. Impaired zinc absorption has been observed in patients taking heartburn medications that inhibit gastric acid secretion.

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