ZINC

As an essential nutrient, Zinc is a mineral necessary to help support the body’s immune system and is required daily to support health as the body has no way to store Zinc.

ANTIOXIDANT Zinc neutralizes free radicals, a type of unstable molecule, to help keep cells throughout the body healthy.

IMMUNE SUPPORT Zinc supports a healthy immune system with its role as an antioxidant and by supporting growth and normal function of immune cells.

GROWTH AND DEVELOPMENT Zinc plays an important part in normal growth and development. It has a structural role in proteins and cell membranes.

CELL SIGNALING AND ACTIVITY Zinc is required for the activity of approximately 100 enzymes, which start or speed up the rate of various normal chemical reactions in the body. It helps cells to communicate with each other and transmits signals from the brain to the rest of the body.

DID YOU KNOW? Zinc is required for normal senses of taste and smell.

DAILY NEEDS

MEN: 11 mg
WOMEN: 8 mg
11 mg (pregnancy)
12 mg (lactation)

CHILDREN & ADOLESCENTS
3 mg (1-3 yrs)
5 mg (4-8 yrs)
8 mg (9-13 yrs)
11 mg (14-18 yrs boys)
9 mg (14-18 yrs girls)

FOOD SOURCES

Your body doesn’t make Zinc, so you must get it from foods such as:

• 3 oz oysters = 74 mg
• 3 oz chuck roast = 7 mg
• 3 oz pork = 2.9 mg
• ½ cup baked beans = 2.9 mg
• 3 oz dark meat chicken = 2.4 mg
• 1 oz pumpkin seeds = 2.2 mg

NUTRIENT SHORTFALLS

15% of Americans are not meeting their Zinc needs from food alone.

with higher risk for those with GI issues, excess alcohol intake, pregnant and nursing women and vegetarians

Animal based proteins ENHANCE absorption of Zinc.

Phytates and fiber in whole grains and beans INHIBIT absorption of Zinc.

NATURE MADE

For those who lack adequate zinc in their diets, Nature Made Zinc products can help meet your daily needs.†

From the #1 Pharmacist Recommended Vitamin and Supplement Brand®, Nature Made Zinc is guaranteed to meet our high quality standards – it is made from carefully selected ingredients under strict manufacturing processes.

©2020 Pharmavite LLC
† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Contents are for the sole use of Pharmavite LLC and its intended Health Care practitioner recipients. Unauthorized review, use, disclosure or distribution is strictly prohibited.
This information is only for educational purposes and is not medical advice or intended as a recommendation of any specific product(s). Consult your health care provider for more information.
Based on a survey of pharmacists who recommend branded vitamins and supplements.
References: National Institute of Health, NHANES, additional references available upon request.