igennus

HEALTHCARE NUTRITION

Be kind to your health™

High Absorption Zinc Complex – a nutritionist's guide

Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

This supplement is recommended for adults. A serving of *High Absorption Zinc Complex* consists of 1 tablet, providing you with the full serving amount as indicated on the nutritional panel.

How to maximise absorption

For optimal absorption, we recommend taking the tablet with food, this should also prevent nausea.

Maxine Sheils BSc (Hons), DipCNM
Nutritionist

Going above and beyond the NRV

We often get asked why we use higher doses in *High Absorption Zinc Complex*. Firstly, the nutrient reference value (NRV) is the minimum amount needed to meet our requirements, but is the minimum enough? Our *High Absorption Zinc Complex* delivers a meaningful 25mg dose, to support zinc status without upsetting homeostasis.

Feeling the benefits

Those most deficient in zinc are likely to feel the benefits of *High Absorption Zinc Complex* quicker. For others, the effects may be less obvious. Perhaps try recording your reasons for taking *High Absorption Zinc Complex* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.

Taking other supplements alongside *High Absorption Zinc Complex*

Many people take other supplements alongside *High Absorption Zinc Complex*, a multivitamin with zinc for example. Ensure you do not exceed the safe upper limit of 25mg zinc daily. As this product contains 25mg zinc, you could consider taking *High Absorption Zinc Complex* every other day to top up your daily multivitamin.

Ask a nutritionist

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at Igennus.com, email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team