



Zinc Immune

Maintaining optimal immune function is important at any stage of life, but even more so during the current pandemic.

Zinc, Vitamin C and Vitamin D play major roles in the proper functioning of the immune system, along with many other bodily processes. Each of these nutrients must be obtained from the diet. However, many foods in the Western diet are lacking in essential vitamins and minerals, which may mean that supplementation is necessary to assist with good health.

What is Z-MAX?

Z-MAX is a potent blend of the most important nutrients required for optimal immune system function: Vitamin C, Vitamin D, Zinc, and Elderberry.

This quick-dissolve delivery system bypasses first-pass metabolism in the gut, allowing for faster absorption and efficient restoration of nutrient status. Taken daily, Z-MAX is designed to improve levels of Zinc, Vitamin C, and Vitamin D. The addition of immunomodulating Elderberry assists in strengthening overall immune function and supporting cardiovascular function

Z MAX contains

- Vitamin C (as ascorbic acid and sodium ascorbate)
- Zinc (as zinc oxide and zinc gluconate)
- Vitamin D (as cholecalciferol)
- Elderberry Extract (Sambucus nigra)
- Stevia Leaf Extract



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Benefits

Supports general immune function

Vitamin C is an important component of immune defense, required for supporting cellular functions of [both the innate and adaptive immune systems](#). It accumulates in phagocytic cells, such as neutrophils, and can enhance chemotaxis, phagocytosis, and ultimately the [killing of harmful microbes](#).

Vitamin D is also vital for proper immune system function, and also plays a role in [modulating both the innate and adaptive immune responses](#). Deficiency in vitamin D is associated with increased autoimmunity as well as increased susceptibility to infection.

Zinc is involved with [multiple aspects of the immune system](#), from the barrier of the skin to gene regulation within lymphocytes. Zinc is crucial for the normal development and function of cells mediating nonspecific immunity such as neutrophils and natural killer cells.

Helps protect against bacteria and viruses

Elderberry has been shown to have a potent [direct antiviral effect against the flu virus](#). It's found to inhibit the early stages of infection by blocking key viral proteins responsible for both the viral attachment and entry into the host cells. It even appears to prevent viral propagation at later stages of the influenza cycle when the cells had already been infected with the virus.

Zinc status is a critical factor that can influence antiviral immunity. Numerous studies suggest that zinc can [improve the antiviral response](#) and systemic immunity in those with zinc deficiency, and may also specifically inhibit viral replication or infection-related symptoms.

Observational studies conclusively show that a low vitamin D status is associated with an increased occurrence of respiratory viral infections. Recent evidence also suggests that vitamin D may protect against respiratory infections by [boosting levels of antimicrobial peptides](#) (natural antibiotic-like substances) in the lungs. Results of the study fit with the observation that colds and flu are most common in winter and spring, when levels of vitamin D are at their lowest.

Provides antioxidant protection

As an antioxidant, vitamin C [scavenges reactive oxygen species](#) that can cause damage to the body's cells. This helps to protect the body from oxidative stress that can lead to inflammatory disorders. Ascorbic acid in particular has been shown to scavenge free radicals [directly in the aqueous phases of cells](#) and the circulatory system.

Vitamin D acts as a [membrane antioxidant](#), protecting cell membranes against the lipid peroxidation caused by free radicals. Vitamin D interacts with phospholipid fatty acid side chains, helping to stabilize the membrane structure.

Elderberry is a natural plant source of antioxidants, with analysis showing that it contains high biological activity components, primarily polyphenols. These polyphenols provide [potent antioxidant properties](#) that can counteract oxidative stress, exerting beneficial effects on blood pressure, glycemia reduction, immune system stimulation, and increase the activity of antioxidant enzymes in the blood plasma.



Dosage & How To Take

Adults: Take one quick dissolve tablet daily or as directed by a health care professional.

Safety & Side Effects

Z-MAX has an excellent safety rating, with no reported interactions from the supplement.

Z-MAX is not intended to replace any medication or procedures used to treat cancer, viral infections, or illnesses. Do not discontinue treatment or cancer medications without a doctor's permission.

Women who are pregnant, nursing, or any person who is immune-compromised should consult their physician before using this product. Certain medications may interact with individual ingredients – talk to your doctor if you take any medications.

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- Information and statements contained have not been confirmed by additional studies.