

Zinc C Lozenge with Lysine

Immune System Support

A powerful combination of Zinc gluconate, Vitamin C and Lysine to support healthy immune function.

Orthoplex Green Zinc C Lozenge with Lysine is specially designed to help maintain upper respiratory tract and immune function, and may help to reduce the severity and duration of colds.



- Gluten Free
- Dairy Free
- Egg Free
- Soy Protein Free
- Vegan
- Vegetarian

AUST L 307150

Pack Size: 100 lozenges

Adult Dose: Take 1-2 lozenges once or twice daily, or as recommended by your registered healthcare practitioner. Dissolve slowly in the mouth.

Storage: Store below 25°C in a cool, dry place away from direct sunlight.



Full disclosure of excipients in every formulation

Indications

- Nutritional supplement
- May reduce the severity and duration of colds
- Relief of the symptoms of colds
- Zinc deficiency may be associated with impaired taste and smell
- Supports upper respiratory health and immune function
- May provide temporary relief from a sore throat
- Zinc is a component in over 200 enzymes in the body
- Zinc is involved in DNA synthesis, cell division and protein synthesis
- Contains Zinc which may help to support the wound healing process
- Provides antioxidants

Excipients

Microcrystalline cellulose, glucose monohydrate, glycine, hypromellose, povidone, silicon dioxide, maize starch, stearic acid, natural lemon flavour, natural orange flavour.

Contraindications

Retinoids, Cephalixin

Pregnancy & lactation - contact Technical Support on 1800 077 113

Information taken from Natural Medicines Database and accurate as of September 2019

Each Lozenge Contains

Zinc gluconate	54.4mg
equiv. Zinc	7.1mg
Ascorbic acid	100mg
Sodium ascorbate	57mg
equiv. Sodium	6.6mg
Heavy magnesium oxide	10.4mg
equiv. Magnesium	6mg
Retinol acetate	363mcg
equiv. Vitamin A	1000IU
equiv. Vitamin A	300mcg RE*
Lysine hydrochloride	62.5mg

*RE - Retinol Equivalents

Warnings

If you are pregnant, or considering becoming pregnant, do not take Vitamin A supplements without consulting your doctor or pharmacist. When taken in excess of 3000 micrograms retinol equivalents, Vitamin A can cause birth defects. The recommended daily amount of Vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men. Contains Zinc which may be dangerous if taken in large amounts or for a long period. If symptoms persist consult your healthcare practitioner. Vitamin and mineral supplements should not replace a balanced diet. Contains glucose. Contains sucrose.

Technical Information

Zinc C Lozenge with Lysine have been specifically formulated to help support immune function and optimal health, providing a source of Zinc as well as vitamins A and C, and Lysine.

Helps to maintain upper respiratory tract and immune function. May reduce the severity and duration of colds. May help to relieve the symptoms of colds. May provide temporary relief from a sore throat.

Zinc is essential for function and development of several immune cell lines, including neutrophils, macrophages and killer cells. Accordingly, Zinc deficiency has been shown to contribute to reduced immune function.⁸ Zinc also plays an integral role in the cytokine and serum thymic factor activity – important immune modulators.^{1,8}

Zinc is also involved in RNA and DNA synthesis and therefore, cell division. As the immune system depends on rapid proliferation of cells to be effective, Zinc deficiency can affect immune function. Zinc deficiency has been found to reduce the number

of antibody-forming cells in the spleen in animal models, and decrease or impair T-killer cell activity as well as interleukin-2 activity.^{2,8} Zinc and Vitamin C are important for wound healing.^{3,4,8}

Vitamin C has well known beneficial effects on the immune system.

Studies have shown that supplementation with Vitamin C may reduce symptoms and severity of the common cold.⁵

Some of the immunomodulatory mechanisms of Vitamin A have been described in clinical trials and can be correlated with clinical outcomes of supplementation. These include enhanced antibody production and lymphocyte proliferation sustaining the integrity of mucosal epithelia in the gut and increasing T-cell lymphopoiesis. Locally active, vitamin A is important for the mucosal integrity of the mucous membranes of the body and may therefore be beneficial in supporting the health of the respiratory tract.⁷

Lysine may be a beneficial nutrient for immune function.^{6,9}

References available upon request.