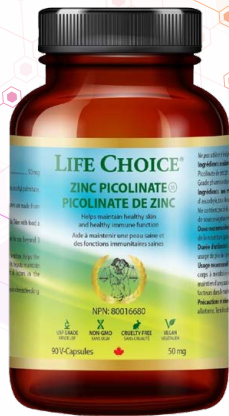


ZINC PICOLINATE



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WHAT IS ZINC

Zinc is an essential trace mineral that is required for several biological actions in the body to occur. Zinc is a multipurpose nutrient that's involved in many aspects of cellular metabolism. It is needed for proper growth and development and in bone, digestive, immune and cardiovascular health. Zinc protects various organs and assists many in carrying out their functions.

Zinc has many actions- it is required for connective tissue formation, to help the body absorb and utilize B-vitamins and to regulate metabolism. Many tissues such as the skin have high concentrations of zinc. Zinc can be difficult to obtain from food, especially in plant-based diets. While extreme zinc deficiency is rare, because zinc has many critical functions in the body, symptomatic, subclinical deficiency is often seen.

SIGNS OF ZINC DEFICIENCY

- Dry, itchy skin
- Hair loss
- Loss of taste and smell
- Frequent colds and flus
- White spots on nails
- Slow wound healing/illness recovery
- Brain fog
- Digestive problems
- Aversion to meat
- Hirsutism
- Insulin resistance

WHO WOULD BENEFIT

- Vegans, vegetarians
- Those with compromised immune systems
- Diabetics
- Seniors
- Anyone with digestive difficulties

WHY ZINC PICOLINATE

Zinc Picolinate is the gold standard for zinc supplementation. Zinc, naturally found in the diet, gets taken out of the digestive system and into the blood for use around the body by binding to picolinic acid, a substance naturally produced in the body. Picolinic acid is derived from the amino acid tryptophan and it is the natural chelator of zinc along with several other minerals. Typically, zinc picolinate has a lower dose than other forms of zinc. This is because zinc picolinate mimics the natural process of zinc absorption and is therefore, up taken to a higher degree than other forms of zinc. Zinc picolinate is the number one choice for therapeutic zinc use and to correct deficiency.

RESEARCH

SKIN HEALTH

- Supports eczema, rosacea, itchy and dry skin
- Needed for collagen formation
- Enhances skin repair and rejuvenation
- Used in acne resolution and for even skin tone

IMMUNE

- Generates immune response to viruses
- Essential for the function of white blood cells
- Needed for mucosal barrier integrity (first line immune defense)
- Manages inflammation

DIGESTION

- Helps to regulate the gut microbiome
- Holds the cells of the intestine together
- Repairs the lining of the GI tract
- Needed for adequate stomach acid and digestive enzyme production

METABOLIC HEALTH

- Involved in all aspects of insulin metabolism
- Involved in blood pressure + cholesterol management
- Positively impacts insulin resistance
- Higher zinc intake is correlated with less risk for metabolic syndrome

Disclaimer: This is intended for informational purposes only and is not medical advice. Always check with your healthcare provider before starting a new supplement