

# Zinc+

*Well absorbed form of chelated zinc, plus accessory nutrients.*

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## The Designs for Sport Difference

Zinc+ contains a zinc chelate, bound to glycine, a highly absorbable form. Zinc+ also contains B2, B6, molybdenum, taurine, and malic acid. In a study looking at wrestlers with low levels of thyroid hormone and testosterone, zinc replacement was able to increase levels with just a 4 week zinc supplementation. It is common in populations performing high intensity exercise to have increased physiological stressors and immunosuppression related to intense physical exercise.

Adequate zinc levels are essential for the healthy functioning of every cell in the body. The beneficial effects of zinc are extensive because this mineral is the body's most abundant intracellular trace element and at least 200 zinc-dependent enzymes have been identified.<sup>1</sup> Zinc is essential for growth and physical development and for the metabolism of proteins, fats, and carbohydrates. Most aspects of reproduction in both males and females require zinc. This mineral is also vitally important to the immune system. Practically every enzyme reaction in the brain involves zinc and so does the development and function of the central nervous system.

The highest concentrations of zinc are in the brain, ears and eyes. Some individuals are poor absorbers of this mineral but most cases of zinc deficiency are due to poor diet, chronic stress, vegetarianism, or excessive alcohol intake. Some deficiencies result from exposure to toxic metals, such as cadmium from cigarettes or excess copper from copper-lined tap water pipes.

### SIGNS OF ZINC DEFICIENCY:

- Recurrent infections as a result of impaired immune function, poor wound healing
- Type 2 diabetes, blood sugar imbalances
- Food allergies
- Diarrhea
- Hair loss
- Mental disturbances
- Prostate enlargement
- Cataracts
- Ulcers
- Toxic metal accumulation
- Osteoporosis
- Decreased sense of taste or smell, hearing impairments
- Skin disorders including acne, eczema, and psoriasis

### BENEFITS OF ZINC

- Growth and physical development
- Wound healing support
- Metabolism of Fats, Carbohydrates and Proteins
- Reproductive Health (male and females)
- Immune System Support
- Function of the Central Nervous System



### Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Riboflavin (Vitamin B-2)	5 mg	385%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg	294%
Zinc (as Zinc Bisglycinate Chelate)	30 mg	273%
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	250 mcg	556%
Taurine	400 mg	*
Malic Acid	30 mg	*

\*Daily Value not established.



### HOW TO TAKE:

As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.