



ZINC BISGLYCINATE

50 mg · Pure

NPN 80111241

RESEARCH INFORMATION

Feature summary

Natural Factors Zinc Bisglycinate is an easy-to-absorb zinc supplement that is gentle on the stomach, supporting the maintenance of good health. Zinc is well known for supporting and protecting the immune system, but it is also an essential trace mineral needed for numerous other functions throughout the body.

Zinc helps in connective tissue formation and supports the maintenance of healthy skin and membranes, such as in wound healing. It also helps maintain healthy hair, nails, and bones. Zinc is needed to maintain the body's ability to metabolize nutrients and is a constituent of over 200 enzymes involved in digestion and metabolism. This includes the enzymes with roles in detoxification, bone metabolism, protein digestion, and energy production. In addition, it is a component of insulin and is needed to break down alcohol.

Zinc Bisglycinate comes in one-per-day vegetarian capsules and is available in two potencies: 25 mg and 50 mg of elemental zinc. In this highly absorbable, gentle bisglycinate form, zinc is bound to two glycine molecules, allowing it to be absorbed without stomach acidity or reactions with other minerals and food components in the digestive tract. It is a great choice for people with low stomach acid levels or absorption issues that increase the risk of zinc insufficiency.

How it works

Zinc has structural, catalytic, and regulatory roles throughout the body. It has multiple functions in the development and maintenance of the immune system, including the production of immune cells such as neutrophils, macrophages, and natural killer cells (Prasad, 2008). Zinc can also work as an antioxidant to counteract free radical damage generated from inflammatory processes (Prasad, 2008).

Zinc is involved in the formation of collagen, a structural protein needed to grow hair, skin, nails, and other connective tissues in the body, and has been shown to play a role in bone regeneration (O'Connor et al., 2020). It also helps with wound healing by stimulating cell division and the transport of vitamin A to the skin (Bhowmik et al., 2010).

Proper energy metabolism relies on zinc through its role as a cofactor for enzymes involved in protein, fat, and glucose metabolism, as well as insulin synthesis, storage, and secretion (Farooq et al., 2020).

Zinc bisglycinate is formed when zinc is chelated with two glycine molecules. This stabilizes zinc to prevent it from reacting with other mineral and food components during digestion, and from participating in oxidative reactions. Zinc bisglycinate is absorbed more efficiently than free zinc ions because of its ability to transport through specialized peptide channels used for protein absorption from the digestive tract (Zhang et al., 2021).

Research

Zinc is an essential trace mineral needed for the maintenance of overall health. It is critical to the function of over 200 enzymes involved in major metabolic activities throughout the body (Zhang et al., 2021).

Zinc deficiency can lead to an array of symptoms, including impaired cognitive function; skin problems such as acne, dermatitis, and psoriasis; hair loss; reduced appetite; recurrent infections; poor wound healing; and night blindness (Roohani et al., 2013). Deficiency may be caused by an inadequate dietary intake and the consumption of interfering nutrients that reduce its bioavailability, such as phytic acid. Vegans, vegetarians, older adults, people with digestive disorders, and those who consume alcohol long term are at a greater risk of zinc deficiency (Read et al., 2019; Gandia et al., 2007).

Supplemental zinc helps correct deficiency and is available in various forms, including bisglycinate, picolinate, citrate, and gluconate. In terms of bioavailability, zinc bisglycinate is considered to be a more effective form. In a randomized, cross-over study, women who supplemented with zinc bisglycinate were shown to improve their absorption of zinc into the blood by 43.4% compared to when they took zinc gluconate (Gandia et al., 2007).

An adequate zinc intake is essential for proper immune function. A randomized, double-blind, placebo-controlled trial found that daily supplementation with 30 mg of zinc had a positive effect on the immune response of elderly nursing home residents. In a period of over three months of supplementation, participants experienced a 47% higher increase in blood lymphocyte (T cell) levels than participants taking a daily placebo containing only 5 mg of zinc (Barnett et al., 2016). Additionally, elderly men and women who supplemented with 45 mg of zinc per day in a 12-month, randomized, placebo-controlled trial reported a significantly reduced incidence of cold and upper respiratory tract infections, including a 50% reduction in the duration and severity of symptoms (Prasad et al., 2007).

Zinc is involved in wound repair and tissue regeneration. Deficiency has been shown to worsen mucosal inflammation in people suffering from inflammatory bowel disease (IBD). A review of clinical data found a significant association between zinc deficiency and an increased risk of hospitalizations, surgeries, and complications in patients with Crohn's disease and ulcerative colitis. Patients who took measures to correct their deficiency were also found to reduce their incidence of hospitalizations, surgeries, and complications compared to those who remained deficient (Siva et al., 2017).

People with low zinc levels are at a greater risk of infection, which can lead to skin problems (Lei et al., 2019). In addition, an imbalance in the body's copper-to-zinc ratio is an underlying factor in skin disorders like psoriasis. A meta-analysis of 15 studies found that patients with psoriasis had significantly higher blood copper levels and lower blood zinc levels than healthy controls. In cases where psoriasis progressed, zinc levels were found to decrease further (Lei et al., 2019).

Zinc is essential to the proper metabolism of protein, fat, and glucose. In a double-blind, placebo-controlled trial, diabetic adults suffering from foot ulcers were supplemented with 50 mg of elemental zinc per day for three months. By increasing their zinc intake, patients displayed significantly improved fasting blood glucose concentrations and high-density lipoprotein (HDL) profiles. Supplementation was also found to support healing and significantly reduced the size of patient foot ulcers (Momen-Heravi et al., 2017).

Ingredients

Each vegetarian capsule contains:

Zinc (bisglycinate)..... 50 mg

Dosage

Recommended adult dose (19 years and older): 1 capsule daily with food, a few hours before or after taking other medications, or as directed by a health care practitioner.

Cautions

Zinc supplementation can cause a copper deficiency. If you are unsure whether you are taking enough copper, consult a health care practitioner prior to use. Keep out of the reach of children.

References

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