

Pure Zinc Warnings and Contraindications

Pure Zinc

Pure Zinc is a Practitioner Approved zinc chelate formula. It contains 25mg per serve of the superior form of zinc, Bisglycinate TRACCS. This clinically proven Highly Absorbable form of zinc, is attached to the amino acid glycine. This enables it to break down in the small intestines, enhancing bioavailability and reducing the incidence of stomach upsets. Zinc is an essential mineral, used in over 100 different enzymatic processes. It is vital for immune function, protein synthesis, wound healing and supporting normal growth and development.

Adverse Reactions/ Drug Interactions

Zinc supplements have the potential to interact with some medications. Please check with your healthcare provider to discuss your zinc intake.

Antibiotics

Both quinolone antibiotics (such as Cipro®) and tetracycline antibiotics (such as Achromycin® and Sumycin®) interact with zinc in the gastrointestinal tract, inhibiting the absorption of both zinc and the antibiotic. Taking the antibiotic at least 2 hours before or 4-6 hours after taking a zinc supplement minimizes this interaction.

Penicillamine

Zinc can reduce the absorption and action of penicillamine, a drug used to treat rheumatoid arthritis. To minimize this interaction, individuals should take zinc supplements at least 2 hours before or after taking penicillamine

Diuretics

Thiazide diuretics such as chlorthalidone (Hygroton®) and hydrochlorothiazide (Esidrix® and HydroDIURIL®) increase urinary zinc excretion by as much as 60%. Prolonged use of thiazide diuretics could deplete zinc tissue levels, so clinicians should monitor zinc status in patients taking these medications.

