

## Zinc 15 mg 180 Tablets

EAN: 5055148404000

FABRICANTE: LAMBERTS



*Zinc 15 mg as Citrate with increased absorption. Cognitive support, DNA synthesis, fertility and reproduction support.*

### DESCRIPTION

Refining grains removes up to 90% of the zinc content available in these foods. This fact, together with the trend towards eating less animal protein, is possibly one of the reasons why one in three British adults consumes less than the Reference Nutrient Intake (RNI) for this mineral.

Zinc is an integral part of insulin, the hormone used in the treatment of diabetes, and is essential for the synthesis of all proteins in the body. Any extraordinary physical or mental effort on the body can increase zinc needs, or cause additional zinc losses, while foods rich in phytates and fibre inhibit the absorption of zinc from food. One fifth of the zinc present in the body is found in the skin.

Zinc is vital for hundreds of biological processes taking place in the body, including taste and smell. That is why everyone taking a multivitamin or mineral supplement should make sure it contains relevant levels of zinc. We typically recommend a daily intake of 15 mg to avoid any dietary deficit.

Zinc contributes to:

- Normal acid-base balance and normal carbohydrate metabolism.
- Normal cognitive functioning and DNA synthesis.
- To the normal functioning of fertility and reproduction.
- Normal metabolism of macronutrients, fatty acids and vitamin A.
- Normal functioning of the immune system, protection of cells against oxidative damage and the process of cell division.
- Maintaining normal vision, bones, skin, hair and nails.

LAMBERTS® Zinc 15mg is an ideal supplement for long-term use and is known to be more easily absorbed in the citrate form. These small, easy to swallow tablets are manufactured in the UK under strict GMP pharmaceutical manufacturing standards.

**White round tablet.**



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### Each tablet provides:

Zinc (as Citrate) 15 mg

### Disintegration time:

Less than 30 minutes.

Suitable for vegetarians and vegans and free of lactose and gelatin.

### Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

### Precautions

Some people who take zinc on an empty stomach may experience some minor digestive disturbances such as nausea. In this case, it is recommended that they take the zinc supplement with a meal. Prolonged intake of 25 mg or more could lead to anemia.

### Instructions for use

Take 1 tablet daily with a meal.

