



## Product Information

# Super Zinc Picolinate

## Dietary Zinc Supplement

### DESCRIPTION

Super Zinc Picolinate capsules, available from Medical Wellness Associates, supplies 50 mg of zinc from zinc picolinate complex.

### FUNCTIONS

Zinc is an essential trace element involved in most major metabolic pathways. General signs of human zinc deficiency indicate that zinc has important functions in maintaining immune function, reproduction, healthy skin, and growth.

Numerous studies support the fundamental role of zinc in normal immune response in humans. Immune cells must be able to rapidly divide in order to respond to daily challenges. Like all rapidly dividing cells, immune cells depend on adequate amounts of dietary zinc.

As a cofactor of the antioxidant enzyme superoxide dismutase (SOD), zinc can be considered an antioxidant nutrient. Zinc supplementation has been shown to increase the antioxidant activity of SOD, and provide increased free radical protection. Body cells and tissues are threatened continuously by damage caused by toxic free radicals and reactive oxygen species (e.g., peroxides) which are produced during normal oxygen metabolism, by other chemical reactions, and by toxic agents in the environment. Free radicals, once formed, are capable of disrupting metabolic activity and cell structure. When this occurs, additional free radicals are produced which, in turn, can result in more extensive damage to cells and tissues. The uncontrolled production of free radicals is thought to be a major contributing factor to oxidative damage. Zinc deficiency is associated with increased production of free radicals and reactive oxygen species.

### INDICATIONS

Super Zinc Picolinate may be a useful nutritional adjunct for individuals who wish to increase their intake of zinc.

### FORMULA (#7440)

#### Each Capsule Contains:

Zinc (picolinate acid complex).....50 mg

### SUGGESTED USE

Adults take 1 capsule daily or as directed by physician.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Abdallah SM, Samman S. The effect of increasing dietary zinc on the activity of superoxide dismutase and zinc concentration in erythrocytes of healthy female subjects. *Eur J Clin Nutr* 1993;47:327-332. Brignola C, Belloli C, De Simone G, et al. Zinc supplementation restores plasma concentrations of zinc and thymulin in patients with Crohn's disease. *Aliment Pharmacol Ther* 1993;7:275-280. Food and Nutrition Board, National Research Council. Recommended Dietary Allowances. 10th ed. Washington, D.C. National Academy Press, 1989. Donovan UM, Gibson RS. Iron and zinc status of young women aged 14 to 19 years consuming vegetarian and omnivorous diets. *J Am Coll Nutr* 1995;14:463-472. Goyer RA. Nutrition and metal toxicity. *Am J Clin Nutr* 1995;61 Suppl.646S-650S. Gupta RK, Bhattacharya SK, Sundar S, Kumar K, Kachhawaha JS, Sen PC. A correlative study of serum zinc and in vivo cell mediated immune status in rheumatic heart disease. *Acta Cardiol* 1996;47:297-304.

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**These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.**

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