



# Zinc Lozenges

## DESCRIPTION

Zinc Lozenges, provided by Douglas Laboratories®, supply bioavailable zinc, sweetened with sorbitol and flavored with natural orange extracts. Each tablet contains 10 mg of elemental zinc in the form of zinc citrate.

## 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. Zinc deficiency is associated with increased oxidative damage. Absorption of toxic heavy metals, especially cadmium and lead, is lower in individuals with high zinc status compared to those with low zinc status.

The body pool of readily available zinc appears to be small, which renders the body susceptible to deficiency and therefore dependent on a steady dietary supply of bioavailable zinc. While typical zinc intakes in U.S. adults are between 10 and 15 mg per day, which approach the RDA, intakes in the elderly are often low. Pregnant women are

also at risk for zinc deficiency, since they have a higher requirement for this trace element. Frequently, vegetarians and chronically depressed individuals have been found to have low zinc status.

## INDICATIONS

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

## FORMULA (#ZNL)

Each tablet contains:  
Zinc (from zinc citrate).....10 mg  
Other ingredients: Sorbitol, citric acid, natural orange flavor, and vegetable stearate.

## SUGGESTED USE

One lozenge every two hours while awake or as directed by a healthcare professional. Allow to dissolve completely in the mouth. Do not exceed ten lozenges per day. Prolonged use of more than seven days in a row is not recommended. Consult your physician if you wish to extend use or increase frequency. When used on a regular basis, one or two lozenges per day may be taken for extended periods.

## 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.

**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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