

# ZincUltra 50 Advanced formula

Cod. FE1592 - 30 vegetable capsules



**DESCRIPTION:** The formula Zinc Ultra 50 is a dietary supplement that provides the body with a form of zinc (citrate) that is characterized by its excellent absorption, as well as a series of cofactors that reinforce the therapeutic and preventive effects zinc is known for.

**Ingredients:** L-Taurine, zinc citrate, green tea extract (*Camellia sinensis*), pyridoxine hydrochloride (vit. B6), malic acid, bulking agent (microcrystalline cellulose), molybdenum citrate, anticaking agents (magnesium salts of fatty acids and silicon dioxide), pumpkin seed extract (*Curcubita pepo* var. *moschata*), riboflavin (vit. B2), pyridoxal 5'-phosphate (vit. B6), inositol hexanicotinate (vit. B3), thiamin hydrochloride (vit. B1), riboflavin 5'-phosphate sodium (vit. B2), vegetable capsule (glazing agent: hydroxypropylmethylcellulose; purified water).

Nutritional information	1 capsule (973 mg)
Zinc (from zinc citrate)	50 mg (500%*)
L-Taurine	350 mg
Thiamin (vit. B <sub>1</sub> ) (from 6 mg thiamin HCl)	5,4 mg (491%*)
Riboflavin (vit. B2) (from 12 mg riboflavin + 3 mg riboflavin 5'-phosphate sodium)	14,3 mg (1 021%*)
Niacin (vit. B3) (from 8 mg inositol hexanicotinate, flush-free)	7,3 mg NE (46%*)
Vitamin B6 (from 55 mg pyridoxine HCl + 12 mg pyridoxal 5'-phosphate)	53,5 mg (3 821%*)
Molybdenum (from molybdenum citrate)	200 µg (400%*)
Malic acid	50 mg
Pumpkin seeds ( <i>Curcubita pepo</i> var. <i>mostacha</i> ) (4:1)	15 mg
Green tea ( <i>Camellia sinensis</i> ) (50% polyphenols) (7,5 mg EGCG/caps.)	75 mg

\*NRV: Nutrient Reference Value in %.

## Size and format:

30 vegetable capsules

## Recommended daily dose:

1 capsule daily with food. Take preferably a few hours before or after taking medications.

Do not exceed the stated recommended daily dose (1 caps.) or a daily amount of 800 mg of EGCG.

## Indications and uses:

Zinc contributes to the normal function of the immune system and to the protection of cells from oxidative stress; to normal fertility and reproduction and normal testosterone levels; to the maintenance of normal hair. Vitamin B6 contributes to normal cysteine synthesis, a Sulphur amino acid helpful for hair health. Molybdenum contributes to normal sulphur amino acid metabolism.

**Cautions:** Should not be used by pregnant or lactating women, children below 18 years old, if you are already using other products containing green tea, or on empty stomach. Consult with your health-care practitioner before using if you are treated with medication, or if you have a special medical condition. Zinc supplementation can cause copper deficiency. Hypersensitivity, such as allergy, has been known to occur; in which case, discontinue use.

**ZINC (citrate):** a very absorbable form of this essential mineral and cofactor in over 100 enzymatic systems. Zinc has important antioxidant properties. It's an essential component of superoxide dismutase (SOD), an enzyme which, thanks to its antioxidant effect, protects cells from free radicals and heavy metals. Zinc has been proven to protect cells from intoxication by cadmium, lead, nickel, aluminium and mercury <sup>(1-3)</sup>.

It carries out a fundamental role in the synthesis of the nucleic acids RNA and DNA which are responsible for cell division, growth and repair <sup>(4-5)</sup>.

It is considered very important for immune function since it is capable of stimulating T cell production and improving thymus gland function. It has properties that help fight infection. It impedes the growth of viruses, especially those that cause colds and *Herpes simplex*. AIDS patients have been shown to have a zinc deficit <sup>(6-10)</sup>.

Zinc is an essential nutrient for prostate health. It plays an important role in the prevention and treatment of BPH. The prostate gland accumulates zinc in order to regulate excessive DHT production. Zinc is involved in sperm production so it has a positive influence on male fertility <sup>(11-14)</sup>.

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Zinc is an integrative part of the hormone insulin, and is involved in its metabolism <sup>(15-16)</sup>.

Skin needs significant amounts of zinc. This mineral has a wound healing effect in tissues (for ex. post-operative). Zinc is an ideal supplement in case of burns, lesions and wounds, as well as for wound healing disorders (due to diabetes). Treatment with zinc also has good results in skin diseases (acne, eczema and psoriasis) <sup>(17-19)</sup>.

**L-TAURINE:** an amino acid rich in sulphur which is essential for normal bile production, nerve transmission, endocrine system function, sugar metabolism and other important metabolic processes. It is also an important antioxidant <sup>(20-22)</sup>.

**B VITAMINS:** important for energy production, they intervene in the enzymatic functions in which zinc is involved. Vitamin B<sub>1</sub> (thiamine) is attributed with a positive effect on mental function and therefore offers complementary support to the treatment of Alzheimer's disease. It also plays an important role in glucose metabolism. Vitamin B<sub>2</sub> (riboflavin) and riboflavin 5'-phosphate sodium (the active, quickly assimilated form of B<sub>2</sub>) are involved in the regeneration of glutathione (important cell protector). Vitamins B<sub>3</sub> (niacin), B<sub>6</sub> (pyridoxine) and pyridoxal 5'-phosphate (the active, quickly assimilated form of B<sub>6</sub>) are important for carbohydrate metabolism. In addition to improving zinc absorption, vitamin B6 helps zinc strengthen the immune system through its ability to increase lymphocyte function <sup>(23-30)</sup>.

**MALIC ACID:** an intermediary organic acid in the Krebs Cycle, it regulates energy production in the mitochondria and is used to treat chronic fatigue syndrome and fibromyalgia <sup>(31-32)</sup>.

**MOLIBDENUM (citrate):** an easily absorbed trace mineral that regulates toxins and participates in hepatic detoxification processes <sup>(33)</sup>.

**PUMPKIN SEED:** the extract of the seeds of *Curcubita pepo* is rich in zinc. It has traditionally been attributed with important medicinal properties such as antidiabetic, antioxidant, anti-carcinogenic and anti-inflammatory <sup>(34-35)</sup>.

**GREEN TEA:** the extract of *Camellia sinensis* is rich in polyphenols (50%) which support and intervene in antioxidant functions, help repair damage caused by oxidation to DNA and can prevent cancer. It helps zinc regulate sugar metabolism <sup>(36-38)</sup>.

The antioxidant properties of zinc are accentuated by the presence of the antioxidants L-aurine and green tea.

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