



Zinc-30 Chelate

RECOMMENDED DAILY ALLOWANCE

The recommended daily allowance of Zinc is 15 mg for adults and children over 4 years of age.

The upper limit of zinc per day is 40 mg. The upper limit of copper is 8 mg per day. It is important to balance Zinc and Copper when using high levels of either mineral.

My multi, Ultra Vites, has 10 mg of Zinc and 2 mg of Copper. This amount of copper is adequate to balance up to 40 mg of zinc per day.

Zinc supplementation has been found to be useful in:

- Controlling the symptoms of: PMS,
- Arthritis
- Diabetes
- BPH
- Macular Degeneration
- ADHD.

Zinc is involved in a multitude of human body functions and is part of many enzyme systems.

WARNING FOR ZINC SUPPLEMENTS: Keep out of reach of children.

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Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 100
Each capsule contains 30 mg Zinc as zinc protein chelate.

Other Ingredients: Microcrystalline cellulose, Magnesium stearate, Gelatin. Contains no artificial colors, flavors, preservatives, salt, sugar, starch, wheat, yeast or soy derivatives.

Suggested Use: One capsule daily or as directed by a health professional.

The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.

How Zinc-30 is Supplied
VMZ30 bottles of 100 tablets

RELATED PRODUCT: Zinc Lozenges: Used for common cold symptoms relief.



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*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*