



# Zinc Picolinate

Support for Healthy Respiratory and Immune Function\*

## Zinc Picolinate Supplementation

Zinc is an essential micronutrient, second only to iron as the most abundant trace mineral in the body. Zinc deficiency can lead to a host of health concerns, so supplementation may be prudent to promote healthy immune function and support healthy oxidative stress response.\*<sup>1,2</sup>

The ingredients in Zinc Picolinate are congruous with what research suggests to be effective and safe, particularly for promoting healthy immune function and supporting antioxidant activity.\*

Clinical evidence and research cited herein show that the ingredients in Zinc Picolinate may:

- Promote respiratory and immune health\*
- Support healthy oxidative stress response\*
- Promote healthy inflammatory markers in the body\*
- Promote healthy testosterone metabolism\*
- Support prostate health\*
- Support healthy connective and skin tissues\*

## How Zinc Picolinate Works

Zinc Picolinate is the acid form of zinc that is more readily absorbed in the body than other forms of zinc.\*<sup>3</sup> Using the gastrointestinal tract and the bloodstream, Zinc Picolinate is carried through individual cells to help promote healthy oxidative stress response.\*

Zinc Picolinate is a highly absorbable essential mineral that plays a key role in various metabolic functions throughout the body and supports the health of organs, bones, and connective tissues.\* Its other critical role is in promoting respiratory and immune health.\* By supporting healthy oxidative stress response, Zinc Picolinate promotes healthy inflammatory markers throughout the body, supporting optimal immune and respiratory health.\*<sup>4,5</sup>

Zinc Picolinate is essential for healthy prostate function and testosterone metabolism.\* Healthy prostate function is dependent on healthy levels of zinc that result from healthy oxidative stress response when the body is operating optimally.\*<sup>6,7</sup> Research has also shown a correlation between healthy testosterone levels and healthy cellular zinc concentrations.\*<sup>8,9</sup>



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

## How Zinc Picolinate Works Continued

Zinc Picolinate is also required for protein synthesis and collagen formation, leading to healthy connective tissue, skin health, and wound healing.<sup>♦10,11</sup> Clinical studies have shown a connection between healthy inflammatory markers, levels of zinc, and the health of connective tissues.<sup>♦12,13</sup>

# Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%DV*
Zinc (as zinc picolinate)	30 mg	273%
Copper (as copper gluconate and sodium copper chlorophyllin)	2 mg	222%
Chlorophyllin (as sodium copper chlorophyllin)	1 mg	**

**Other Ingredients:** Hypromellose, microcrystalline cellulose, vegetable stearic acid, silica.

**Directions:** Take one capsule twice daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

### References:

1. Saper RB & Rash R. *Fam Physician*. 2009;79(9):768-772.
2. Prasad AS. *Mol Med*. 2008;14(5-6):353-357.
3. Barrie SA et al. *Agents Actions*. 1987;21(1-2):223-228.
4. Prasad AS et al. *Am J Clin Nutr*. 2007;85(3):837-844.
5. Prasad AS et al. *Free Radic Biol Med*. 2004;37(8):1182-1190.
6. Costello LC & Franklin RB. *Arch Biochem Biophys*. 2016;611:100-112.
7. Costello LC & Franklin RB. *Mol Cancer*. 2006;5:17.
8. Prasad AS et al. *Nutrition*. 1996;12(5):344-348.
9. You X et al. *Mol Med Rep*. 2017;16(2):2101-2106.
10. Taylor, ME. *J Prolo*. 2011;3(3):709-713.
11. Park K. *Biomol Ther*. 2015;23(3):207-217.
12. Fukada T et al. *PLoS One*. 2008;3(11).
13. Franzén LE & Ghassemifar MR. *Eur J Surg*. 1992;158(6-7):333-337.

\* 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.

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)