

# NOW Foods, Zinc, 50 mg, 250 Tablets



## Description

- Immune Support
- Supports Enzyme Functions
- Non-GMO
- A Dietary Supplement
- Vegetarian / Vegan
- Kosher
- Minerals
- Family Owned Since 1968
- GMP Quality Assured

Zinc is essential to the normal function of many organs and systems within the body including the skeletal, immune, neurological, and endocrine systems. Zinc is a necessary mineral co-factor for hundreds of enzymatic reactions related to protein and carbohydrate metabolism, RNA/DNA synthesis, and intercellular signaling. It is also known to play a critical role in the body's free radical neutralizing activities and is especially helpful for maintenance of healthy aging.

## Suggested use

Take 1 tablet daily with a meal.

## Other ingredients

Microcrystalline cellulose, magnesium stearate (vegetable source), silicon dioxide and vegetarian coating.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

## Warnings

**Caution:** For adults only. This product is not intended for long term use; use only as directed. Do not use if pregnant or nursing. Consult physician if taking medication or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Supplement Facts		
Serving Size: 1 Tablet		
	Amount Per Serving	%Daily Value
Zinc (from 405 mg Zinc Gluconate)	50 mg	455%

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