

## **Zinc Gluconate (Item #2021)**

For Healthy Immune Response and Insulin Production

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### ***Why take Zinc Gluconate?***

The most important reason for supplying your body with adequate zinc is for a healthy immune response and insulin production. Diabetes is on the rise - and at an alarming rate. There are thousands of bacteria, viruses, mold and funguses that our bodies are expected to protect us against. Without enough zinc, your immune response may not be sufficient to give you that protection. Having colds and respiratory ailments, especially during the summer months, indicates a compromised immune response. Taking a small amount of immune enhancing herbs, vitamins and zinc daily is far better than waiting till you are challenged with an illness.

**Dosage:** Take 1 capsule daily with a meal or as directed by a qualified health professional.

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### **Ingredients Explained**

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**Zinc** - Zinc is a mineral essential for formation of super oxide dismutase, one of the body's most important free radical scavengers and one that cannot be directly supplemented. Zinc also promotes wound healing, immune function, taste sensitivity, protein synthesis, insulin production, and reproduction including organ development and sperm motility.

Zinc in the form of gluconate is a highly absorbable, chelated form of zinc. A good supplement to add during the winter blues. Zinc is said to be an essential element for normal growth and good vision. Its benefit in maintaining healthy skin, bones, collagen and protein synthesis as well as proper sexual function and the immune system. Zinc also helps in the utilization of vitamin A, Calcium and Phosphorous. A Zinc supplement may help to ensure against any deficit in the diet, especially during the winter months.

Zinc supplements are used to prevent or treat zinc deficiency. The body needs zinc for normal growth and health. For patients who are unable to get enough zinc in their regular diet or who have a need for more zinc, zinc supplements may be necessary. They are generally taken by mouth but some patients may have to receive them by injection.

Zinc supplements may be used for other conditions as determined by your health care professional.

Lack of zinc may lead to poor night vision and wound-healing, a decrease in sense of taste and smell, a reduced ability to fight infections, and poor development of reproductive organs.

Some conditions may increase your need for zinc. These include:

- Acrodermatitis enteropathica (a lack of absorption of zinc from the intestine)
- Alcoholism
- Burns
- Type 2 diabetes
- Down's syndrome
- Eating disorders
- Intestine diseases
- Infections
- Kidney disease
- Liver disease
- Pancreas disease
- Sickle cell disease
- Skin disorders
- Stomach removal
- Stress (continuing)
- Thalassemia
- Trauma (prolonged)

### **Zinc, infections, and wound healing**

The immune system is adversely affected by even moderate degrees of zinc deficiency. Severe zinc deficiency depresses immune function. Zinc is required for the development and activation of T-lymphocytes, a kind of white blood cell that helps fight infection. When zinc supplements are given to individuals with low zinc levels, the numbers of T-cell lymphocytes circulating in the blood increase and the ability of lymphocytes to fight infection improves. Zinc supplements are often given to help heal skin ulcers or bed sores, but they do not increase rates of wound healing when zinc levels are normal.

When zinc combines with certain foods it may not be absorbed into your body and it will do you no good. If you are taking zinc, the following foods should be avoided or taken 2 hours after you take zinc:

- BranFiber-containing foods
- Phosphorus-containing foods such as milk or poultry
- Whole-grain breads and cereals

Avoid taking zinc supplements along with copper, iron, or phosphorus supplements. It is best to space doses of these products 2 hours apart, to maximize the benefits from each dietary supplement.

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## **Ordering Information**

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Zinc Gluconate (*Item #2021*) is priced at only: \$11.00 for 100 Capsules  
Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

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