

# PRODUCT DATA SHEET

## ZINC CITRATE

### DESCRIPTION

Dietary Supplement

### Zinc Citrate

#### Supplement Facts

Serving Size: One Capsule Servings Per Container: 60

Each Capsule Contains:	% DV
Zinc (as Zinc Citrate)	30 mg. 200%
Daily Value (DV)	

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine,<sup>†</sup> Silicon Dioxide.<sup>†</sup>

<sup>†</sup>A hypoallergenic ingredient used to fill space.

### M239 / 60 Vegetarian Capsules

### EXCIPIENT FREE

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, sweeteners, or flavors. This product also does not contain lactose, palmitic acid, or magnesium, calcium, or vegetable stearates.

### HOW SUPPLIED

Zinc Citrate is supplied in bottles of 60 two-piece vegetarian capsules. Packed 12 bottles per case.

### CONTRAINDICATIONS AND WARNINGS

This product is contraindicated in a patient with a history of hypersensitivity to any of its ingredients.

Large doses of zinc (30 mg and above) may cause stomach upset and/or nausea, especially if taken on an empty stomach.

Long-term zinc supplementation should include copper in a 15:1 (Zn:Cu) ratio.

### INTERACTIONS

Zinc antagonizes the uptake of copper and inhibits tissue uptake of cadmium.

### PREGNANCY WARNING

A patient who is pregnant or nursing, or who might become pregnant, should consult a health-care practitioner before using this product.

### DOSAGE

Adult patients: 1 capsule one to two times daily, or as otherwise directed by a health-care practitioner.

### STORAGE

Store tightly sealed in a cool dry place, away from direct light. Keep out of the reach of children.

### MANUFACTURED BY

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*While some companies say  
they are raising their standards  
... at Thorne, we set them.<sup>™</sup>*



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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.

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