

# Zinc citrate 30

High-dose zinc citrate in a highly bioavailable organic form



## PRODUCT DESCRIPTION

Besides iron, zinc is the second most abundant trace element in the body and is required for numerous biochemical processes. With 30 mg zinc per capsule in the easily bioavailable organic citrate form, Biogena Zinkcitrat 30 is suitable for covering the special zinc requirement and can contribute to a sustainable micronutrient supply as an additional component of a balanced diet.

1 capsule every 2nd day with plenty of liquid, preferably in the evening and outside of meals. It is recommended to limit the intake to a few weeks/months.

- 30 mg zinc per capsule (intake recommended every 2nd day)
- To maintain the function of the normal immune system
- To maintain normal skin, hair and nails
- 100 % vegan

## POSSIBLE USES

To maintain the function of the normal immune system

To protect the cells from oxidative stress

For normal protein and DNA synthesis

For the supply of high-dose zinc for special requirements

| INGREDIENTS | PER DAILY DOSE (WITH<br>1 CAPSULE EVERY 2ND<br>DAY) | PER CAPSULE | %<br>NRV<br>* |
|-------------|-----------------------------------------------------|-------------|---------------|
|             |                                                     |             |               |
| Zinc        | 15 mg                                               | 30 mg       | 150           |

\* % of the reference quantity according to EU Regulation 1169/2011.

## INGREDIENTS

Bulking agent: calcium carbonate; zinc citrate, hydroxypropyl methyl cellulose (capsule shell).

## PACKAGE SIZE

60 capsules (4 month supply), 19 g  
180 capsules (12 month supply), 58 g  
45 g (120 capsules)

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle.

#### STORAGE INSTRUCTIONS

Store in a dark, dry place at room temperature. Protect from heat.

Keep out of the reach of children.

#### NOTES

Suitable for adults only.

The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors.

Not an organic product according to VO (EU) 2018/848.

Suitable for diabetics.

#### QUALITY SEALS

