OptiZinc™
Zinc Monomethionine

DESCRIPTION
OptiZinc™ capsules, provided by Douglas Laboratories®, supply zinc monomethionine, a patented organic compound which provides zinc bound to the amino acid methionine in order to increase the bioavailability of zinc.

FUNCTIONS
Zinc is an essential trace element involved in most major metabolic pathways. General signs of human zinc deficiency indicate that zinc has important functions in maintaining immune function, reproduction, healthy skin, and growth.

Numerous studies support the fundamental role of zinc for normal immune response in humans. Immune cells must be able to rapidly divide in order to respond to daily challenges. Like all rapidly dividing cells, immune cells depend on adequate amounts of dietary zinc.

As a cofactor of the antioxidant enzyme superoxide dismutase (SOD), zinc can be considered an antioxidant nutrient. Zinc supplementation has been shown to increase the antioxidant activity of SOD, and provide increased free radical protection. Zinc deficiency is associated with increased oxidative damage. Absorption of toxic heavy metals, especially cadmium and lead, is lower in individuals with high zinc status compared to those with low zinc status.

The body pool of readily available zinc appears to be small, which renders the body susceptible to deficiency and therefore dependent on a steady dietary supply of bioavailable zinc. While typical zinc intakes in U.S. adults are between 10 and 15 mg per day, which approach the RDA, intakes in the elderly are often low. Pregnant women are also at risk for zinc deficiency, since they have a higher requirement for this trace element. Frequently, vegetarians and chronically depressed individuals have been found to have low zinc status.

OptiZinc® is a patented 1:1 complex of zinc and methionine, the amino acid best absorbed by the body. Human and animal studies show that zinc monomethionine, as supplied by OptiZinc, is absorbed and retained better than many other forms of zinc.

INDICATIONS
OptiZinc® may be a useful nutritional adjunct for individuals who wish to increase their intake of zinc.

FORMULA (#200061)
Each vegetarian capsule contains:
Zinc (monomethionine)* .......................................................... 30mg

*OptiZinc™ is a trademark of InterHealth Company.

SUGGESTED USE
One capsule daily as a dietary supplement, or as directed by physician.

If pregnant or lactating, consult your physician before taking this product.
SIDE EFFECTS
Orally, zinc may cause nausea, vomiting, and a metallic taste in the mouth. There is concern that high daily doses above the tolerable upper intake level (UL) of 40 mg per day might increase the risk of copper deficiency.

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

REFERENCES
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For more information on OptiZinc™ visit douglaslabs.com

† 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.