

## Product information ZINK VIDA

**Zink Vida** - Zinc in drop form with high bioavailability.

Zinc drops in the form of zinc sulphate for the maintenance of normal bones, hair, nails and skin and to support various bodily functions.

### What is zinc?

Zinc is the second most common essential trace element in the body after iron; it is vital and cannot be produced by the human body itself. In addition, the body can hardly store zinc, which is why it must be taken in regularly with food.

### Functions of zinc

- Contributes to normal acid-base, carbohydrate, macronutrient, fatty acid and vitamin A metabolism. With vitamin E. Vitamin E helps to protect cells from oxidative stress.
- Contributes to normal protein synthesis
- Contributes to normal cognitive function
- Contributes to normal DNA synthesis
- Contributes to normal fertility and reproduction (reproductive capacity)
- Contributes to the maintenance of normal bones, hair, nails and skin
- Contributes to normal testosterone levels in the blood
- Contributes to normal vision
- Contributes to the normal function of the immune system
- Contributes to the protection of cells from oxidative stress
- Has a function in cell division

### Zink Vida - high bioavailability

Zinc is formulated in the form of zinc sulphate, which has a high bioavailability and is used as the standard in most clinical studies. The addition of the amino acid L-histidine forms a zinc-histidine complex, which has an even higher bioavailability and is the best-studied form of zinc. The WHO and the British Department of Health refer to zinc-histidine in particular as a source of zinc for children.

### What are the benefits of Zink Vida?

- Zinc in the form of zinc sulphate
- Zinc-histidine complex
- High bioavailability
- Practical drops
- Does not have to be taken on an empty stomach

- Much less risk of discomfort or nausea than with other zinc products
- Flavored with natural raspberry aroma
- vegan product

### Recommended dosage

Take 3 drops (=5 mg zinc) daily, immediately before a meal.

Preparation: Dissolve drops in a glass of water (do not take drops directly, as they are very acidic and could attack the teeth).

### Directions for use

This product is not a substitute for a varied, balanced diet, fresh fruits and vegetables and a healthy lifestyle. Store in a cool, dry place out of the reach of small children. Do not exceed the recommended dosage.

### Minimum shelf life

36 months

### Ingredients

water, L-histidine, zinc sulphate, natural raspberry flavor.

### Net quantity (2 package sizes)

Net content 28.8 ml / 100 ml

1 drop contains 1.67 mg zinc (elemental)

### Pharmacode CH

1049293  
1104808

### PZN DE

19157193  
19236923

### PZN AT

5839121  
5867376

