



Influ-Zinc

Influ-Zinc are tasty lozenges with organically bound, bio-available zinc and natural vitamin C in the form of Acerola cherry extract. The lozenges ensure fast delivery of the active ingredients to the mucous membranes in the oral cavity and throat. High, acute intake of Influ-Zinc may be useful for brief periods of 7-10 days, depending on the circumstances.

What is zinc?

Zinc is an essential mineral and a trace element that is primarily found in cells and, to a lesser extent, in cellular fluid throughout the body. For instance, our white and red blood cells contain a substantial amount of zinc. Together with copper, zinc is an important constituent of the antioxidant enzyme superoxide dismutase (SOD).

Zinc has many different functions in the human body and supports about 200 different enzymes, including enzymes that are necessary for metabolizing nutrients and enzymes that are important for translation and expression of genetic coding. These are some of the most important functions of zinc:

- Contributes to a normal well-functioning immune system
- Part of normal DNA-synthesis and cell specialisation
- Contributes to protecting cells from oxidative stress

- Contributes to normal vitamin A metabolism
- Contributes to a normal acid-base balance
- Support the maintenance of normal nails, bones, hair, skin and vision



Influ-Zinc

3 tablets contain

		%RDA*
Vitamin C	45 mg	56%
Zinc (zinc gluconate)	7,5 mg	75%

*RDA= Recommended Daily Allowance

Dosage

3-6 lozenges daily, unless otherwise advised.
Do not eat or drink immediately after taking a tablet.
Do not exceed the recommended daily dosage.
Time of intake as needed.

Dietary supplements should not replace a varied diet.

%RDA*

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Ingredients

Lactitol, glycine, acerola powder extract (natural source of vitamin C, containing 25% ascorbic acid), orange powder, zinc gluconate, magnesium stearate.

Suitable for vegetarians.

Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

Zinc is non-toxic in limited quantities. A high intake of zinc for extended periods (10-30 times RDA) may cause copper deficiency.

Simultaneous intake of zinc and iron may have a negative influence on the body's zinc absorption. A high calcium intake may also reduce the body's uptake of zinc.

What is vitamin C?

Vitamin C is a water-soluble vitamin, which was given the name ascorbic acid, when it was discovered. The term refers to the fact that it is an acid that prevents scurvy. Vitamin C has also other important functions such as:

- Supporting a normal well-functioning immune system
- Protecting the body's cells against oxidative stress
- Contributing to reducing fatigue and tiredness
- Supporting a normal energy metabolism
- Supporting to normal functioning of the nervous system
- Helping the regeneration of the reduced form of vitamin E in the body
- Contributing to normal psychological function

What is Acerola?

Acerola is a large (2-3 cm) cherry-like, pit-containing fruit that is cultivated in South America and the Caribbean. There are several different Acerola varieties. The wild fruit is rather sour, but Influ-Zinc contains a refined version. Acerola's vitamin C content is extremely high and provides about 1,500-3,000 mg of vitamin per 100 g. In comparison, an orange provides around 40-50 mg of vitamin C per 100 gram.

