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ESSENTIALS

# SYNERGISTIC ZINC

Supports immunity, fertility, hair, nails and skin.

## Nutritional Information

One Tablet provides:

		%NRV
Mineral amino acid blend	112.5 mg	
providing:		
Zinc	15 mg	150
Copper	750 µg	75

\*NRV = Nutrient Reference Values

Take one tablet daily with the main meal. Swallow with water.



## SUMMARY

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- Chelated mineral form for optimum absorption and utilisation
- Medium strength 15mg of zinc per tablet
- Provides zinc and copper which work synergistically together

## DESCRIPTION

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Synergistic zinc provides zinc and copper which work synergistically and contribute to the normal function of the immune system and the protection of cells from oxidative stress. The immune cells require a high levels of antioxidants to protect them from oxidation that can occur when destroying pathogens. Zinc also contributes to the maintenance of normal hair, nails and skin, promoting general wound, ulceration and scar healing. Zinc aids with the division of cells and is required in larger levels in rapidly dividing cells. It plays a role in fertility and reproduction and is needed for normal growth. Low levels of zinc may contribute to infertility, hormonal imbalances, poor wound healing and increased susceptibility to infection.

### Skin health

**Warts:** Zinc is beneficial for both the immune system's defence against viral pathogens and skin health. Studies indicate that zinc deficiency is associated with persistent, progressive and recurrent warts in the majority of infected patients<sup>1</sup>. Multiple studies demonstrate the efficacy of oral zinc for the treatment of warts. Studies showed no significant adverse effects<sup>2</sup>.

**Acne vulgaris:** Zinc is necessary for hormonal balance, the regulation of inflammation and the healthy turn-over of skin cells, all of which require addressing in patients with acne vulgaris. Low serum zinc levels have been demonstrated in patients with acne vulgaris, and oral zinc supplementation has shown to be beneficial<sup>3</sup>.

**Vitiligo:** Vitiligo is characterised by immune cells which destroy the melanocytes in the skin and cause patches of pigment loss on the skin. Zinc has been shown to be low in patients with vitiligo when compared to healthy controls<sup>2</sup>. Normal zinc levels are essential in maintain normal skin pigmentation in those genetically predisposed to pigmentation disorders. The copper added to Quest Synergistic Zinc is also important as it is also required for the normal pigmentation of the skin.

**Healing:** Zinc plays a role in the structure of many enzymes, proteins and membranes within the body. One of the major roles of zinc is the role in DNA transcription and gene expression<sup>4</sup>. For this reason, zinc is required for every cell, cell replication, growth and healing.

### The immune system

**T cell activation:** Key T cell signalling molecules (IL-2-induced ERK) are activated in response to intracellular zinc, as well as T cell proliferation<sup>6</sup>. This is a key mechanism in the relationship between zinc and the immune system and resistance against pathogens, particularly viral pathogens.

**Immune resistance:** Zinc deficient individuals experience susceptibility to infections. Zinc deficiency effects the development of acquired immunity as well as the protective skin barrier<sup>5</sup>. An integral skin barrier is essential for the first line of defence against diseases.

### Fertility

**Hormonal balance:** Zinc reliant proteins are found in cellular hormonal receptors for oestrogen, testosterone and vitamin D<sup>1</sup>. Cellular hormonal receptors are integral to utilising hormones and for cellular communication.

**Sperm quality:** Zinc is required for the normal balance of testosterone within the body. It is essential for spermatogenesis, and a deficiency, is associated with the atrophy of seminiferous tubules and a failure in spermatogenesis as well as hypogonadism<sup>6</sup>.

**Foetal growth and development:** Adequate zinc and copper status prior to conception is essential. Zinc is required for the growth of new tissue and DNA. Zinc is also required for cellular hormone sensitivity and therefore the ability to hormonally maintain a pregnancy.

## **WHY IS COPPER ADDED TO SYNERGISTIC ZINC?**

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Copper is another trace mineral essential to human health. Copper works in balance with zinc and should be taken alongside it in supplementation.

Copper is required in small quantities and is needed for immunity, growth and healing. Long term or high dose supplementation of zinc alone fails to address the natural balance of trace minerals and can trigger copper deficiency.

## **WHY ARE AMINO ACID CHELATED MINERAL SUPERIOR?**

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Minerals chelated to amino acids have a greater absorbency within the gut compared to other forms of the minerals. Each mineral has different stability within the gut and when joined to various compounds. Inorganic mineral forms such as oxides, sulphates and carbonates are not used effectively by the body. They are also disassociated from each other in the presence of stomach acid and can cause irritation to the gut. Amino acid chelated minerals however have a neutral charge, and an increased bond to each other allowing them stay intact as they move further into the gut and bind to specific receptor sites, optimising mineral absorption.

## **ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING SYNERGISTIC ZINC?**

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Synergistic Zinc is intended exclusively for adults and is not suitable for:

- Children

Pregnant or breastfeeding women should consult with a health professional before taking Synergistic Zinc.

## **FEATURES**

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- Chelated mineral form for optimum absorption and utilisation
- Provides zinc and copper which work synergistically together
- Medium strength 15mg of zinc per tablet

## **HEALTH NEEDS**

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IMMUNITY



DETOX AND CELL  
PROTECTION



SKIN, HAIR  
& NAILS



PREGNANCY  
AND FERTILITY



MEN'S HEALTH  
AND FERTILITY

## **SCIENTIFIC REFERENCES**

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