

**SUGGESTED USE** Consume one capsule daily. You can increase your intake based upon your needs and as guided by your health care provider. **For questions about the use of this product call 800.800.1200.**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT**

**PROCAPS  
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**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
Henderson, NV 89011**

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ANDREW LESSMAN

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# ZINC 30

**Supports Immune + Skeletal  
+ Digestive + Skin Health**



Dietary Supplement | **360** Easy-to-Swallow Capsules

**ZINC 30** provides zinc in the form of highly absorbable zinc citrate to maximize its uptake and benefits. Zinc is among the most important minerals in the human body and plays a critical role in supporting the function of hundreds of enzymes and processes within the body. These enzymes are essential for metabolic processes including the regulation of vitamin D3, protein synthesis, along with normal cell division and DNA structural maintenance. Zinc is an essential component of a healthy immune system function and is also an important antioxidant that helps to combat free-radical damage. Zinc is essential in the production of hemoglobin and therefore energy level, since hemoglobin is the oxygen-carrying component of red blood cells. Zinc also supports prostate and plays multiple essential roles in skeletal health. The typical American diet lacks zinc-rich foods, such as seafood, legumes, nuts and seeds. In America, zinc insufficiency or deficiency is surprisingly common making zinc supplementation a simple solution. Our **Zinc 30** includes lysine, an essential amino acid that supports the immune system and energy metabolism. Our **Zinc 30** is an affordable source of this frequently overlooked essential mineral in a small, soft, easy-to-swallow capsule that is gentle even to the most sensitive stomachs.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving	% DV*	
Zinc (as zinc citrate)	30 mg	273%
L-Lysine (as hydrochloride)	90 mg	†

\* Percent Daily Values (% DV). † Daily Value not established.

Other Ingredients: Gelatin capsule.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.