

Looking for the *best* zinc supplement?

OPTIZINC<sup>®</sup> is the

# KING OF ZINC

Source Naturals brings you yet another breakthrough in mineral nutrition:

OPTIZINC<sup>®</sup> ! OPTIZINC<sup>®</sup> is Zinc Monomethionine — Zinc combined with the essential amino acid Methionine. It is FDA approved as safe for human nutrition, and is so unique, it's *patented*.

## OPTIZINC<sup>®</sup> — THE MOST POTENT FORM OF ZINC AVAILABLE

Extensive scientific research shows that OPTIZINC<sup>®</sup> is the most bioavailable and bioactive form of Zinc tested.<sup>1</sup> Aside from demonstrating superior absorption and utilization by the body for Zinc's many functions, OPTIZINC<sup>®</sup> is also more efficient than other forms of Zinc in getting needed Vitamin A out of storage in the liver, thus making it available for use.<sup>2</sup> Perhaps most outstanding is the synergy offered by this combination of Zinc and Methionine: while both of these nutrients are well-known for their free-radical-neutralizing properties, the antioxidant activity of OPTIZINC<sup>®</sup> far

surpasses that of either Zinc or Methionine alone.

## ZINC — ESSENTIAL FOR YOUR HEALTH

Zinc is one of the most important minerals your body uses. Among its many functions, Zinc is:

- ◆ critical for the health of the thymus gland, which is necessary for the natural defenses, as demonstrated in recent research by Nicola Fabris, Ph.D., director of the Gerontology Research Department of the Italian National Research Center on Aging in Ancona, Italy;<sup>3</sup>
- ◆ important for skin health and wound-healing;
- ◆ essential for carbohydrate metabolism; and
- ◆ necessary for over 100 different enzyme systems, which are vital for proper vision, growth, skeletal integrity, tissue repair, sexual maturity,

**OPTIZINC<sup>®</sup>**  
Brand of zinc monomethionine

and reproductive capacity, as well as many other important functions. These enzyme systems also include critical antioxidant systems, such as catalase and SOD. Antioxidant systems are important for neutralizing free radicals, which could otherwise damage the body's cells.

A sign of Zinc's importance is that just over three ounces of colostrum (the first human breast milk to be generated following childbirth) provides 70 to 900 mg of Zinc!

### DO YOU GET ENOUGH ZINC IN YOUR DIET?

As vital as Zinc is, it can be hard to get enough of, even when following a healthy diet. Surveys show that the daily intake of Zinc in the average American diet ranges from 8 to 11 mg, yet the U.S. RDA is 15 mg. The few excellent sources include seafoods (such as oysters, herring, and clams), whole oatmeal, wheat germ, wheat bran, and milk.<sup>4</sup> If some of these are not a regular part of your diet, you may be one of many people who are Zinc deficient, and you may want to use a dietary supplement.



**SOURCE NATURALS™ OPTIZINC® — THE SUPPLEMENT OF CHOICE**  
One Source Naturals' OPTIZINC® tablet provides 30 mg of Zinc (from 150 mg OPTIZINC® Zinc Monomethionine), which is 200% of the U.S. RDA for

Zinc. 300 mcg of the essential mineral Copper is also included, to offset the displacement of Copper that can occur when high levels of Zinc are consumed. The form of Copper used is also state-of-the-art: it is Copper Sebacate, a natural compound that is Copper:SOD-mimetic, meaning that even on its own, it can act as an antioxidant. Its inclusion with Zinc

Monomethionine makes Source Naturals' OPTIZINC® a powerful antioxidant combination that is truly on the cutting edge of nutrition science.



**ZINC IN ITS MOST POTENT FORM YET: OPTIZINC®.**

OPTIZINC® brand of Zinc Monomethionine complex is a trademark of InterHealth Company; U.S. Patents Nos. 3,941,818, 4,021,569, & 4,764,633.

Source Naturals' OPTIZINC® is all-Vegetarian and hypoallergenic: contains no yeast, dairy, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

#### References:

1. Spears, J. (1989). "Zinc Methionine for Ruminants: Relative Bioavailability of Zinc in Lambs..." *Journal of Animal Science*, 67(3):835-843.
2. Pullman, et al. "WSU Research: Zinc Methionine Increases  $\beta$ -Carotene, Vitamin A Levels." Washington State University. Unpublished.
3. McAuliffe, K. (1990). "Eat for Life." *Longevity*, 12:18-19.
4. Pfeiffer, C. *Mental and Elemental Nutrients* (pp. 241-242). ©1975 by Keats Publishing, Inc.; New Canaan, CT.