

## Zinc

Zinc is required for a wide range of bodily functions. It is found in virtually every tissue in the body and is important for the immune system, growth and development, the antioxidant system and prostate health. Each tablet provides 100% RDA of Zinc.

### Benefits:

- Beneficial in helping the skin to heal.
- Helps in balancing blood sugars and in maintaining acid-alkaline balance.
- Is an antioxidant which works in conjunction with other vitamins and minerals.
- Essential for a strong immune system and in the healing of wounds as well as skin/mouth ulcers.
- Zinc is depleted by alcohol, smoking and profuse sweating. Buy Zinc from one of our approved suppliers online now!