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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule daily with or without food, or as recommended by a healthcare practitioner.

CAUTION: Supplemental zinc can inhibit the absorption and availability of copper. If more than 50 mg of supplemental zinc is taken daily on a chronic basis, 2 mg of supplemental copper should also be taken to prevent copper deficiency. Chronic ingestion of more than 100 mg of zinc daily may be immunosuppressive for some aspects of T-cell and NK cell function.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



Q01813C

LifeExtension®

Zinc Caps

50 mg



High Potency

Dietary
Supplement

90 Vegetarian
Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
Zinc (as OptiZinc® zinc monomethionine, zinc citrate)	50 mg 333%

Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule), vegetable stearate, silica.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309

info@lifeextension.com • www.lef.org
To report a serious adverse event or obtain
product information, contact 1-866-280-2852.

Store tightly closed in a cool dry place.

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.

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