



bringing wellness to the world since 1969

Zinc Citrate

Mineral Supplement

50 mg elemental zinc per capsule

60 capsules



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule per day with food and water. Taking zinc on an empty stomach may cause stomach upset in some people.

WARNING: Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medications or have a medical condition. Do not exceed recommended dosage. Not recommended for long-term use.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Zinc (from zinc citrate)	50 mg 455%

Other ingredients: Microcrystalline cellulose (plant fiber), gelatin, magnesium stearate, silica.

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Fargo, ND 58104 USA

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