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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.



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**LIFE
EXTENSION®**

Zinc Caps

50 mg



High Potency

90 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Zinc (as OptiZinc® zinc monomethionine, zinc citrate)	50 mg	455%

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

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

To report a serious adverse event or
obtain product information, contact
1-866-280-2852.

Store tightly closed in a cool, dry place.

OptiZinc® is a registered trademark of
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