



## Zinc Picolinate 20%

**CAUTION: Do not exceed 300 mg in a day.**

Storage: Keep dry, cool & dark

**50g (1.76oz)**

Lot Number:

**Date of manufacture**

## Supplement Facts

Serving Size 125 milligrams

Servings per container: 400

Amount Per Serving	% Daily Value**
Zinc (as Zinc Picolinate) 25 mg	167%

\* Daily Value not established.

\*\* Based on 2,000 calorie diet

**Other Ingredients:** none

**Free of:**

**Directions:** As a dietary supplement, take 125 mg (rounded 1/32 tsp) once or twice daily, or as directed by physician.

### US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/64 teaspoon	53
1/32 teaspoon	106
1/16 teaspoon	213

**Warning:** This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.