

USAGE: Take 1 capsule per day or every other day, preferably on an empty stomach or with a meal void of nuts, seeds, legumes, or grains to reduce phytic acid intake when taking zinc, or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Zinc Balance® is a synergistic combination of **Zinc L-Methionine** and **Copper Gluconate** in a 15:1 ratio of zinc to copper. Zinc L-Methionine resists absorption interference from fiber and phytic acid.*

Zinc L-Methionine has been shown to be better absorbed and retained than other forms of zinc. Zinc supports skeletal and immune health.* Both zinc and copper are needed to support super oxide dismutase (SOD) activity, which plays a critical role in the body's endogenous antioxidant network.*

Keep out of the reach of children.

* 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.

Lot #: Best Used Before:

Jarrow
FORMULAS

Zinc Balance®

15 mg Zinc (L-Methionine)
1 mg Copper

**Supports Immune*
and Antioxidant Protection***

100 DIETARY
VEGGIE CAPS SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

	Amount Per Serving	% DV
Zinc (as Zinc L-Methionine Sulfate)	15 mg	140%
Copper (as Gluconate)	1 mg	110%

Other Ingredients: Cellulose and magnesium stearate (vegetable source). Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

Store in a cool, dry place.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
Los Angeles, CA 90035-4317
www.Jarrow.com
(866) 459-4154

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FILL LINE**

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