

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: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Zinc Balance® combines Zinc L-Methionine and Copper Gluconate (15:1 ratio). Zinc L-Methionine allows zinc absorption with phytate and fiber in vegetables.* Zinc supports immune function.* Zinc Balance® includes copper because supplemental zinc depletes copper.*

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 Function*

100 VEGGIE CAPS

**DIETARY
SUPPLEMENT**



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% DV
Zinc (as Zinc L-Methionine Sulfate)	15 mg	136%
Copper (as Gluconate)	1 mg	111%

Other Ingredients: Cellulose, vegetarian capsule (hydroxypropylmethylcellulose, water), and magnesium stearate (vegetable source).

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154

Suitable for vegetarians/vegans.

Store in a cool, dry place.

11220ZB

PROD # 113008



APPROX.
FILL LINE