

**North American
Herb & Spice**

Dietary Supplement

**Whole food minerals
Vitamins B & C**

Natural, ionic source (not synthetic)

Plus™

Purely-Zinc

Austrian pumpkin seed, rice bran, & camu camu

Healthy immune support*

17.63 OZ. (500 grams)

Directions: Take at least 2 tablespoons daily in juice, milk, or smoothies. Mix in hot or cold cereal, soup, and entrées. Add to most any recipe to increase nutritional value. Great in yogurt and desserts. Can be added to fortify baking recipes.

Purely-Zinc Plus with Styrian-Austrian pumpkin seed powder is the only whole food zinc supplement available. Rich in ionic zinc, it is also an excellent source of magnesium, manganese, copper, iron, and phosphorus. Also, it is a dense source of B vitamins, especially niacin, B6, and thiamine, plus vitamin C. One serving of Purely-Zinc Plus provides 40% of the daily need for men and 52% for women. Get your zinc and more the way your body was made to use it.

***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.**

Mfd. for North American Herb & Spice
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LA9238

Supplement Facts

Serving size: 2 tablespoons (28g)

Servings per container: 18

Amount Per Serving	% Daily Value
Calories 100	
Total Fat 3g	3%
Saturated Fat 0g	†
Trans Fat 0g	†
Cholesterol 0mg	†
Sodium 110mg	5%
Total Carb. 7g	2.5%
Dietary Fiber 3g	10%
Sugars less than 1gram	†
Protein 12g	24%
Vitamin C 268mg	300%
Iron 3.68mg	20%
Thiamin 0.292mg	25%
Phosphorous 513mg	40%
Niacin 5.12mg	30%
Copper 0.48mg	20%
Vitamin B ₆ 0.9mg	6%
Zinc 3.03mg	30%
Folate 34.7mcg	8%
Magnesium 218mg	50%
Manganese 2.49mg	110%
Potassium 424mg	10%

*Percent Daily Values based on a 2000 calorie diet.

†Daily value not established

Other Ingredients: pumpkin seed powder, rice bran, wild camu camu