

Scan for  
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.



Q01813C

# LifeExtension®

## Zinc Caps

50 mg



### High Potency

Dietary  
Supplement

90 Vegetarian  
Capsules

### Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
Zinc (as OptiZinc® zinc monomethionine, zinc citrate)	50 mg 333%

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

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

info@lifeextension.com • www.lef.org  
To report a serious adverse event or obtain  
product information, contact 1-866-280-2852.

Store tightly closed in a cool dry place.

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.

OptiZinc® is a registered trademark of InterHealth Nutritionals, Inc.