

**USAGE:** Take 1 capsule per day or every other day, preferably with food or as directed by your qualified health care consultant.

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

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

The mineral zinc promotes skeletal and immune health.\* Both zinc and copper are needed to promote 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.

L-OptiZinc® is a registered trademark of InterHealth Nutraceuticals, Inc.

Lot #. Best Used Before:

**Jarrow FORMULAS®**

# ZINC BALANCE®

L-OptiZinc®

**15 mg Zinc (L-Monomethionine)  
1 mg Copper**

**Supports Immune\* and  
Antioxidant Protection\***

**100 Capsules  
Dietary Supplement**

## Supplement Facts

| Serving Size 1 Capsule                           | Servings Per Container 100 |      |
|--------------------------------------------------|----------------------------|------|
|                                                  | Amount Per Serving         | % DV |
| Zinc (as L-monomethionine)<br>(from L-OptiZinc®) | 15 mg                      | 100% |
| Copper (as gluconate)                            | 1 mg                       | 50%  |

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

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

Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation<sup>SM</sup>

P.O. Box 35994

Los Angeles, CA 90035-4317

**www.Jarrow.com**

01212ZB  
PROD # 113008



© 2012 **Jarrow FORMULAS®**