

*THE MIGHTY MINERAL THAT  
SUPPORTS OVERALL WELL-BEING*

- ▶ Encourages overall well-being
- ▶ Supports healthy immune system function
- ▶ Promotes healthy mood
- ▶ Supports highly active athletes with stressed zinc levels

## ZINC: A POWERFUL MICRONUTRIENT

Zinc is an **essential micronutrient** for metabolism, helping catalyze over 100 different enzymes in the body. This micronutrient is required for normal growth, wound healing, taste, and smell, and also has powerful antioxidant properties. Zinc is critical in **supporting healthy metabolic function and the maintenance of normal cell cycles.**

In supporting healthy cell cycles, zinc is essential for cell proliferation, differentiation, and regulation of DNA synthesis. Zinc homeostasis in cells is crucial for healthy cellular functioning. Although this critical micronutrient can be obtained through a well-balanced, healthy diet, zinc deficiencies can occur. Some negative side effects of zinc deficiency include growth retardation, decreased immunity, and diarrhea. Zinc deficiency can be avoided by consuming a high-quality zinc supplement, such as **Liquid Zinc Ultra.**



THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



**Commitment to Excellence:**  
Each PRL Formula Meets or  
Exceeds FDA/cGMP Standards

ZINC  
Zn



## MICRONUTRIENTS PLAY A VITAL ROLE

To maintain **robust whole-body health**, a full complement of essential micronutrients is required. Essential micronutrients - including zinc - can be consumed through foods such as nuts, leafy greens, and beans, as well as in supplement form. Micronutrients offer critical support of the cell cycle and **support maintenance of healthy muscle and nerve function**. Zinc plays an especially important role in these processes and is required for the healthy function of hundreds of enzymes that facilitate metabolic processes in the body.

## IMMUNE SYSTEM SUPPORT

The immune system protects the body against pathogens and potentially damaging foreign bodies. When immune dysfunction occurs due to a zinc deficiency, restoring healthy levels of zinc can **help support and improve healthy cell function**. This micronutrient supports both innate and adaptive immunity. To distinguish between cells that are part of the body's own healthy tissue and from those that are threats against the immune system, immune cells communicate with one another. For this communication to be successful, the immune cells must have healthy receptors. Ligands, which bind to the outside of the receptor and allow it to be activated, are critical to this process. Zinc interacts with many ligands to support this cell signaling, an **important component to healthy immune system function**.

## HEALTHY MOOD SUPPORT

Research shows that zinc can play an **important role in many brain functions**. Zinc helps support healthy serotonin levels, helps maintain healthy synaptic plasticity, and can also help support healthy regulation of the central nervous system.

## ATHLETIC SUPPORT

Highly active athletes can lose critical micronutrients such as zinc through sweating after strenuous exercise. This deficiency can persist even several days after exercise is discontinued. For athletes seeking **optimal sports performance**, supplementation of micronutrients, including zinc, may be beneficial.

A zinc deficiency can result in a reduced rate of injury recovery, among other negative reactions. Reduced injury recovery due to a zinc deficiency is a result of an interruption in healthy cell cycles. Athletes who frequently participate in prolonged workouts may want to consider **adding a zinc supplement to their nutritional routine** to ensure they are consuming adequate amounts of zinc.

## HIGHLY ABSORBABLE ZINC

Zinc is a critical micronutrient, but the type of zinc in supplements can influence the impact on the body. Many zinc supplements on the market are formulated with zinc oxide or zinc carbonate, which are poorly absorbed and nearly insoluble. In contrast, **Liquid Zinc Assay** is made with zinc sulfate heptahydrate, a hydrated form of zinc sulfate, that is water soluble. This highly absorbable form of zinc is designed to **provide healthy zinc supplementation**.

## WHY LIQUID ZINC ULTRA?

Zinc is critical to the maintenance of the body, but excess zinc is not stored. **Zinc is a powerful micronutrient** that must be regularly consumed in order to maintain whole-body health. The recommended daily intake of zinc is 11 mg for men and 8 mg for women, with an upper limit of 40 mg per day. Zinc levels can be boosted with the powerful supplement, **Liquid Zinc Ultra**, a high-quality, highly absorbable zinc booster to **support immune health, healthy mood, and overall well-being**.

### INGREDIENTS:

Each Teaspoon Provides:

**Zinc** (Zinc Sulfate Heptahydrate) . . . . . 25 mg  
Other Ingredients: Purified Water

**Suggested Use.** Hold 1 teaspoon in the mouth for 15 seconds. If an immediate taste perception occurs, the individual may have an adequate zinc status. A lack of taste or delay in taste perception may indicate a zinc deficiency. **Liquid Zinc Ultra** is not harmful and may be swallowed after testing.

**As a supplement:** Take 1 teaspoon in water or juice daily or as directed by a health professional.

Code: 1190 (8 fl oz/bottle); Violite® Container R6.0