

LIFEFORCE

CHELATED ZINC GLUCONATE PLUS

Available in 100 Tablets
Nappi Code: 701813-003

This formula combines Zinc Gluconate with a chelated form of amino acid Zinc Mono-methionine, Vitamin A and Vitamin C. Lifeforce Chelated Zinc Gluconate Plus is suitable for Diabetics.

Zinc is the most abundant trace element found in the body besides iron – its weight in the body is estimated to be approximately 1.8 grams.

ZINC HAS NUMEROUS FUNCTIONS:

- ✓ It is found in at least 25 different enzymes and is an important constituent of insulin and helping in the formation of insulin.
- ✓ Zinc takes part in the metabolism of carbohydrates, the breakdown of alcohol and also in the synthesis of nucleic acids.
- ✓ It is vital for fertility and for the prevention of congenital birth defects, hence its importance during pregnancy.
- ✓ Zinc exerts a normalising effect on the prostate and is important in the development of all reproductive organs.
- ✓ It is essential for protein synthesis and also governs the contractibility of muscles.
- ✓ Zinc acts as a traffic policeman, directing and overseeing the efficient flow of body processes and the maintenance of enzyme systems and cells.
- ✓ Zinc is important for blood stability and also in maintaining the body's acid-alkaline balance.

- ✓ It destroys toxic Cadmium (found in cigarette smoke) and neutralises excess Copper.
- ✓ Zinc is necessary for proper growth and works together with Vitamin A, Vitamin B6 and Vitamin B12.

New studies indicate Zinc's importance in brain functioning and also in the treatment of Schizophrenia. There is strong evidence that Zinc is required for the synthesis of DNA.

Zinc is soluble in a wide range of pH solutions. It does not precipitate in the small intestine - even in the presence of food. This enhances intestinal dispersion and optimises absorption.

WHAT ZINC CAN DO FOR YOU:

- Zinc accelerates the healing time of internal and external wounds.
- Helps to remove white spots on fingernails.
- Aids in the treatment of infertility.
- Helps prevent prostate problems.
- Promotes growth and mental alertness.
- Helps to decrease cholesterol deposits.
- Assists in the efficient functioning of bodily processes and the maintenance of virtually all enzyme activities.
- Helps to improve the appetite and improves the reduction of taste and smell.
- Reduces apathy & lethargy.
- Aids in cell division.
- Helps to strengthen the immune system and reduce susceptibility to infection.
- Assists with the metabolism of Vitamin A, B complex and essential fatty acids.
- Improves the condition of the skin, hair and nails.

Zinc is important to the functioning of the reproductive glands - especially the prostate (an important sex gland round the neck of the bladder in males). Human sperm and the prostate contain large amounts of Zinc.

Various studies have confirmed the connection between adequate Zinc levels and prostate health. In one study, when Zinc levels were reduced by 35% the prostate gland became enlarged, blocking the urethra and urine flow. With a 48% decrease in Zinc levels, the prostate became inflamed (Prostatitis) and with a 66% decrease prostate cancer was observed.

Prostate problems are very common in men over the age of 45. It is estimated that one out of every four men over the age of 55 suffer from a prostate condition. The delicacy of the problem has caused a conspiracy of silence, with the result that the younger generation is largely unaware of possible prostate problems.

DEFICIENCY SYMPTOMS:

- Chronic urinary problems
- Prostrate problems
- Possibly Prostatic hypertrophy (non-cancerous enlargement of the prostate gland)
- Insufficient Immune system
- Enzyme shortage
- Blood sugar disturbances
- Ph balance of blood
- Arteriosclerosis

WHAT IS THE RECOMMENDED DAILY DOSE?

Adults: 15 - 30mg

Pregnant Women: 30mg

Lactating Women: 40mg

Excessive sweating can cause a loss of as much as 3mg of Zinc per day. Most of the Zinc obtained from foods is lost during processing, or it never exists in substantial amounts due to nutrient-poor soil.

A shortage of this mineral may bring about lymphoid atrophy with a slight decrease in T-cell numbers in the peripheral blood. Zinc chelated deficiency can cause a depression of cell-mediated (lymphocyte) immune responses.

Smoking, coffee and alcohol consumption are the main culprits of Zinc depletion.

FUNCTIONS OF OTHER COMPONENTS IN LIFEFORCE CHELATED ZINC GLUCONATE PLUS

VITAMIN C

This formulation is backed up with a bio-available buffered form of Vitamin C combined with the action of Bioflavonoids. Vitamin C influences several other nutrients.

- ✓ Vitamin C improves the body's ability to absorb Calcium and Iron, as well as to excrete poisonous Copper, Lead and Mercury.
- ✓ It lowers cholesterol by converting it into bile acids and is helped to perform this function by Zinc.
- ✓ It assists in the absorption of certain Amino Acids, and is required in greater amounts by hypoglycaemics and dieters following high protein diets.
- ✓ Vitamin C helps to neutralise nitrosamines - carcinogenic substances that are formed when smoked meats (such as ham and bacon) are cured with nitrites to prevent Botulism and preserve an appetising appearance.
- ✓ Plays a leading role in the body's resistance to bacterial infections and reduces the effects of allergens in the body.
- ✓ Vitamin C possesses unique antioxidant properties, which assist in combating the negative effects of the environmental and chemical pollutants.

BENEFITS:

- Promotes healthy gums, skin and connective tissue.
- Aids with the absorption of Iron and can assist as a tissue antioxidant to keep cells healthy.

- Vitamin C is the backbone of any immune boosting programme.
- It is strongly anti-viral and anti-bacterial.
- Research has consistently found that those who supplement with Vitamin C experience shorter colds with fewer symptoms.
- Vitamin C acts as a powerful anti-oxidant.

VITAMIN A

Vitamin A requires fat, as well as the mineral Zinc, to be properly absorbed by your digestive tract.

- ✓ Vitamin A counteracts night blindness, weak eyesight, and aids in the treatment of many eye disorders. It permits formation of visual purple in the eye.
- ✓ Promotes growth and strong bones.
- ✓ Builds resistance to respiratory infections.
- ✓ Reduces the duration of diseases.
- ✓ It keeps the outer layers of your tissues and organs healthy.
- ✓ Promotes healthy skin, hair, teeth and gums.
- ✓ Aids in the treatment of Emphysema and Hyperthyroidism.
- ✓ Helps with the treatment of acne, impetigo, boils, carbuncles and open ulcers when applied externally.

PERSONAL ADVICE:

You need to increase your Zinc intake if you are taking large amounts of Vitamin B6. This is also true for alcoholics and diabetics. Men with prostate problems, and those wishing to keep their prostates healthy, would be well advised to increase their Zinc levels. Success has been seen in cases of impotence with a supplement programme of Vitamin B6 and Zinc. Elderly people concerned about senility might find a Zinc and Manganese supplement beneficial. If irregular menses bother you, you might try a Zinc

supplement before resorting to hormone treatment to establish regularity.

**MEDHOL CC trading as
REFORM DISTRIBUTORS**
Reg No: 2000-023749-23

Suppliers of Lifeforce Products
Suite 250, Private Bag X153, Bryanston, 2021
Tel: (011) 659-0612 Fax: (011) 659-0578
E-mail address: we_are@yebo.co.za

**A MEMBER OF THE HEALTH PRODUCTS
ASSOCIATION**

CONTACT: SUE DU PLESSIS