

PATIENT INFORMATION LEAFLET

ZinC-D

Dietary supplement

For immunity boost

Composition:

Active ingredients: Ascorbic acid (Vitamin C), Cholecalciferol (Vitamin D3), Zinc gluconate and Sodium selenite.

Nutritive information	In one tablet	RDI%*
Vitamin C (Ascorbic acid)	500 mg	625
Vitamin D (as D3 – 800 IU)	20 µg	400
*Zinc (as Zn-gluconate)	15 mg	100
**Selenium (as Na-selenite)	55 µg	100

*RDI – Recommended Daily Intake

Other ingredients: microcrystalline cellulose, partially pregelatinized corn starch, magnesium stearate.

Film: hypromellose, polyethylene glycol, titanium dioxide.

Mechanism of action

ZinC-D is a dietary supplement that contains optimal amounts of 4 key vitamins and minerals – Zinc, Selenium, Vitamin C and Vitamin D. It is intended for immune system boost. Zinc, Selenium, Vitamin C and Vitamin D contribute to normal function of the immune system and protect cells from oxidative stress.

ZinC-D as a dietary supplement is recommended with insufficient intake of zinc, selenium, vitamin C and vitamin D and as well with increased needs for these nutrients. Use is recommended with viral infections and colds. It is recommended for adults and elderly, especially persons with weakened immune systems.

Vitamin C or ascorbic acid is a hydrosoluble vitamin that participates in different metabolic processes of the body. It plays an important role in building different tissues (skin, bones, teeth, cartilage, joints and blood vessels). It is ingested with food because the human body cannot synthesize it itself. It is proven that natural and synthetic Vitamin C are chemically identical, i. e. they have equal bioavailability (a degree in which a nutrient becomes available to the tissue after absorption) and biological action.

Vitamin C contributes to reduction of fatigue and exhaustion, and maintains function of the immune system during and after physical activity. It contributes to iron absorption, collagen synthesis, normal energy metabolism and normal function of the nervous system.

Vitamin D is an essential liposoluble vitamin that can be synthesized in the skin after proper sunlight exposure. Therefore, it is advised to take Vitamin D supplements, especially in months with less sunlight exposure.

Vitamin D contributes to normal absorption/utilization of calcium and phosphorus and maintaining normal function of muscles, bones and teeth. It plays a role in cell division. It contributes to normal blood calcium levels.

Zinc helps to maintain healthy bones, hair, nails, skin and eyesight. It plays an important role in the body's responses to stress. Zinc is crucial for normal spermatogenesis and has a very important role in cell division and differentiation.

Selenium is a compound of selenoprotein, which acts as an antioxidant (protects cells from oxidative damage) and anti-inflammatory. Selenium contributes to normal thyroid function and to normal spermatogenesis.

ZinC-D is especially recommended in case of:

- weakened immunity
- malnutrition
- respiratory infections
- flu and cold season
- mental and physical stress exposure.

Also, **ZinC-D** is especially recommended to diabetics, elderly, vegetarians, and smokers.

Directions for use: 1 film-coated tablet per day, or as directed by your health care professional, with fluids, after a meal. Do not exceed the recommended daily dose.

Restrictions for use: Do not take this product if you are allergic to any of its ingredients. It is not recommended for children younger than 14 years. Pregnant or lactating women should consult a physician before use.

Adverse effects: ZinC-D is usually well tolerated. Adverse effects are not expected with recommended daily intake.

Drug interactions: Simultaneous use of zinc supplements and certain antibiotics (quinolones, tetracyclines) can cause reduced drug absorption and efficiency. In this case, it is recommended to take **ZinC-D** 2 hours before or 4 hours after antibiotics. Take **ZinC-D** two to four hours after antacids (drugs that neutralize stomach acid). Vitamin C enhances iron absorption.

Package: 30 (2 x 15) film-coated tablets in blister packs, in a box.

Storage instructions: Store at a temperature below 25°C, in a dry and dark place. Keep out of sight and reach of children.

Batch number and expiry date: Printed on packaging. Do not use this product after the expiration date.

Manufactured by:

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Country of origin: Bosnia and Herzegovina