

A top-down view of various food items on a wooden surface. In the upper left, several almonds are scattered. To their right, wooden blocks spell out 'ZINC' in a diagonal line. Further right, there are several white beans. In the center, a large piece of salmon is on a wooden cutting board. Below the salmon, there is a piece of Swiss cheese, a mushroom, and some green beans in a small white bowl. In the bottom right, there are several cooked shrimp. The background is a dark wood grain.

# All About Elemental Zinc

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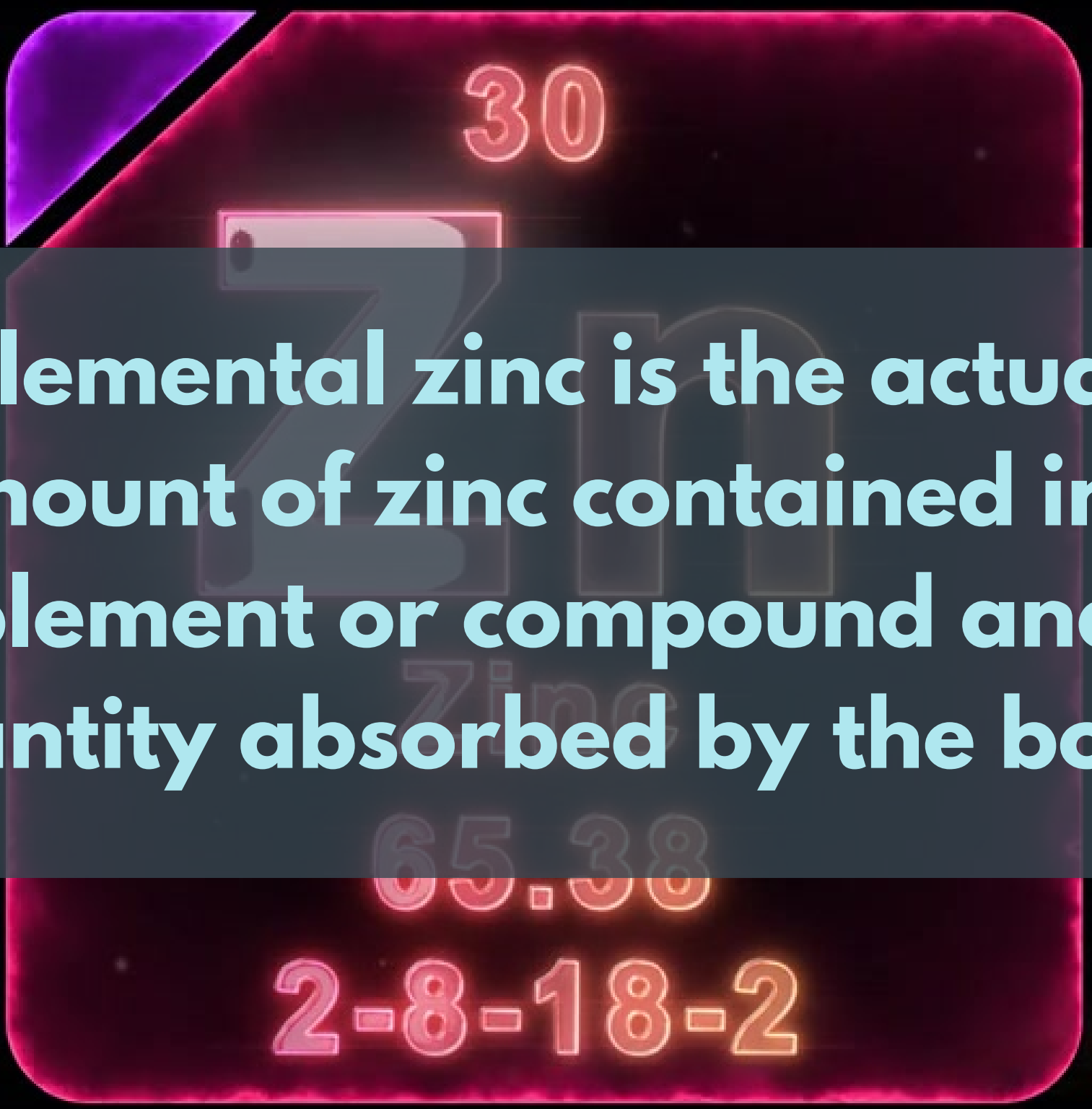




**All About  
Elemental Zinc**

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**Elemental zinc is the actual amount of zinc contained in a supplement or compound and the quantity absorbed by the body.**

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## Zinc is important for:

- **Wound healing**
- **Protein synthesis**
- **Maintaining taste and smell**
- **Reproductive health**

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**Signs of zinc deficiency include:**

**ZINC**

**DEFICIENCY**

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- 
- **Unexplained weight loss**
  - **Poor wound healing**
  - **Skin rashes/acne**
  - **Diarrhea**
  - **Loss of appetite**
  - **Frequent infections**
  - **Hair loss**
  - **Delayed sexual maturation**
  - **Lack of taste and smell**

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# Foods that contain zinc:



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- 
- **Oysters**
  - **Beef**
  - **Chicken**
  - **Tofu**
  - **Pumpkin seeds**
  - **Lentils**
  - **Yogurt**
  - **Oatmeal**

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# I-CARE<sup>SM</sup>

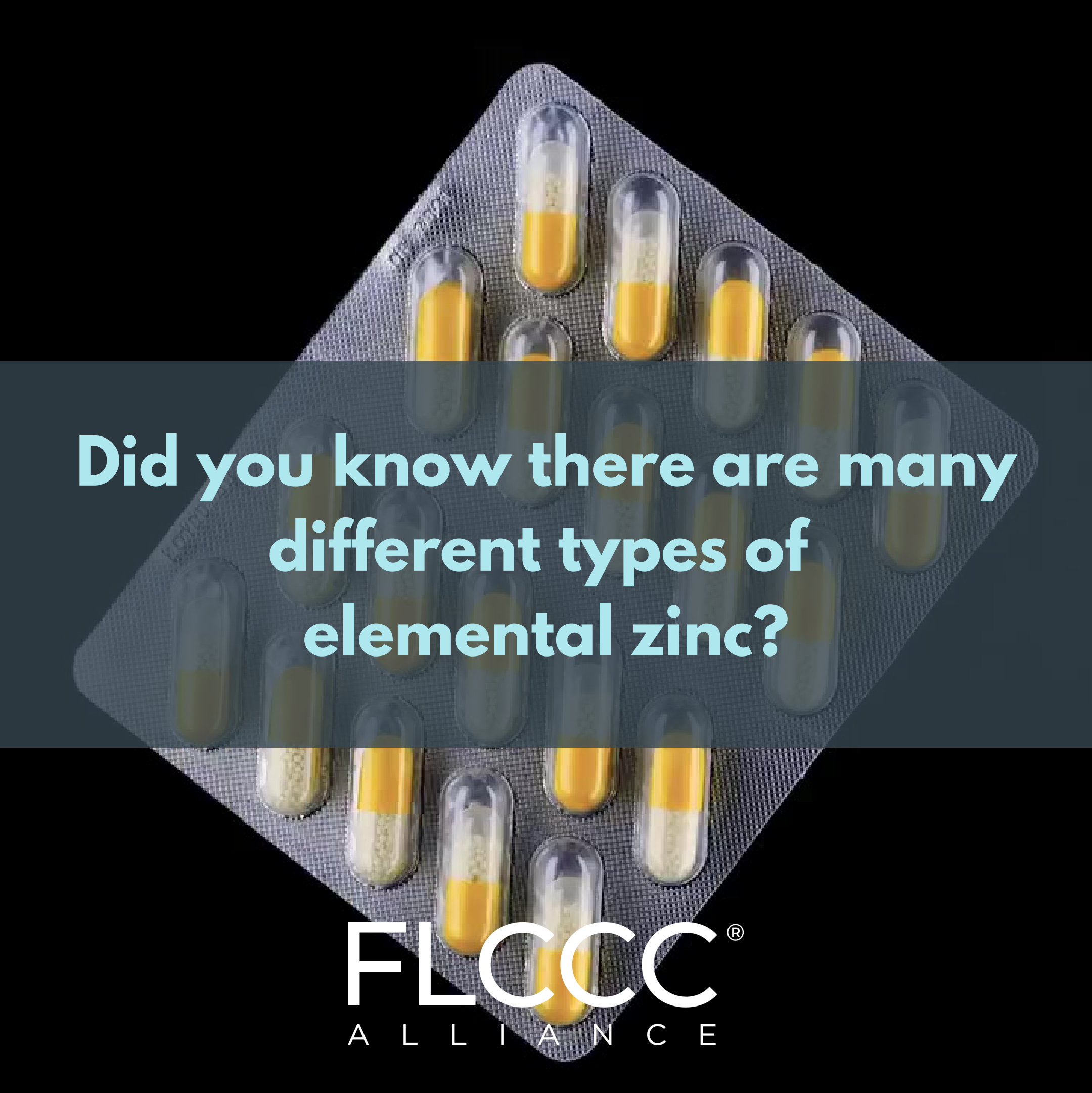
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EARLY COVID TREATMENT

**In the I-CARE: Early COVID Treatment protocol, dosing and administration is 75–100 mg/day.**

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**Did you know there are many  
different types of  
elemental zinc?**

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## **Zinc Oxide:**

**Contains as much as 80% elemental zinc.**

**Not as bioavailable as other forms.**

**Commonly used in sunscreens, diaper rash treatments and creams for skin irritations.**



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A collection of pink, oblong capsules scattered across a light-colored surface. A dark blue horizontal band is overlaid across the middle of the image, containing text.

## Zinc Citrate:

**Contains approximately 34% elemental zinc. Well-tolerated and easily absorbed.**

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# Zinc Acetate:

Contains approximately 30% elemental zinc. Often used in lozenges for the common cold.

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## **Zinc Sulfate:**

**Contains approximately 23% elemental zinc. Often used in eye treatment products.**



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A woman with glasses is looking down at a table. On the table, there is a glass of water, a white pill bottle, and several blister packs containing pills. The background is a dark, out-of-focus setting.

## Zinc Picolinate:

**Contains approximately 21% elemental zinc. Often used in supplements due to its high bioavailability.**

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# **Zinc Monomethionine:**

**Contains approximately 21% elemental zinc. Bioavailable and often used in supplements for immune support.**



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## **Zinc Orotate:**

**Contains approximately 20% elemental zinc. Well-absorbed and often used in supplements for a variety of conditions.**

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## **Zinc Gluconate:**

**Contains approximately 14% elemental zinc. One of the most common over-the-counter forms of zinc and typically used in lozenges for the common cold.**

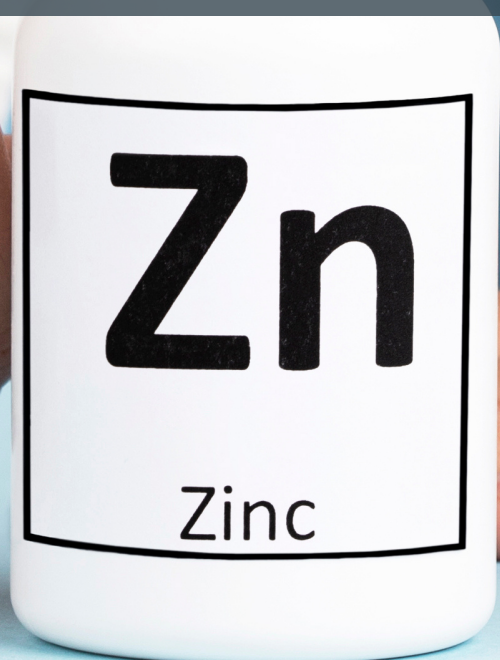
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**Zinc**






**Based on research, Zinc Picolinate and Zinc Monomethionine are often recommended as they have high amounts of elemental zinc and are more easily absorbed by your body.**



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**Practitioners advise which zinc to choose based on the patient's health needs.**



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**Take control of your health.**

**For more information:  
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