

# Balanced Zinc Complex

Highly absorbable, synergistic balance of key nutrients involved in immune maintenance and skin health. This formula also includes copper and beta carotene for optimum absorption and utilisation.

Zinc is a mineral that is found in every cell of the body and is a component in over 200 enzymes. Its myriad of proven health benefits for the human body include supporting immunity and cognitive functions, as well as helping to keep bones, eyes, skin, hair and nails in good condition. Zinc also contributes to normal fertility and reproductive health in men and women. Foods typically high in zinc include meat, shellfish, dairy foods and wholegrain products. Zinc is not stored by the body, so having a regular intake of this mineral is important.

The inclusion of beta carotene in this supplement enables the body to produce vitamin A which enhances synergy for supporting immune function, along with visual, skin and reproductive health. Copper has been added to ensure the appropriate ratio of zinc to copper is maintained within the body to enable the effective absorption of both minerals.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

## Key Features:

- Zinc supports immunity
- Includes copper to keep zinc levels at an appropriate ratio
- Vegan formulation in a convenient daily capsule
- With beta carotene to support vitamin A production



Promotes  
eye health

## Nutritional Information: one capsule provides:

Ingredient	Weight	%NRV
Zinc (picolinate)	15mg	150
Copper (citrate)	1mg	100
Natural beta carotene / carotenoid mix ( <i>Dunaliella salina</i> )	900µg	
In a base of Alfalfa, Spirulina and Bilberry		
Plant cellulose capsule		

**Directions:** take one capsule daily with food, or as directed by your healthcare practitioner.

## Ordering Information:

Code	Size	Description	Barcode
356	30	Balanced Zinc Complex Veg Caps	5060003593560
358	90	Balanced Zinc Complex Veg Caps	5060003593584

In stock and available to order. Call 01327 878050  
or email [info@viridian-nutrition.com](mailto:info@viridian-nutrition.com)