



zinc+L-Ascorbate

- **Vitamin C** and **Zinc** play important roles in nutrition, immune defense and maintenance of **health**.
- Supplementation with **vitamin C** plus **Zinc** may represent an efficacious measure, with a good safety profile, against this infectious viral disease.*
- **L-Ascorbate** is **vitamin C** in its purest form. It is the most bioavailable form, meaning it is readily absorbed by the body through the bloodstream.
- **Vitamin C** increase the absorption of **Zinc**.
- The recommended daily amount (RDA) of **vitamin C** for adults is between 60 to 90 mg. The upper limit is 2,000 mg.
- The National Institutes of Health considers 40 mg of **Zinc** a day to be the upper limit dose for adults.

* J Int Med Res 2012;40(1):28-42. doi: 10.1177/147323001204000104

 **MAH:**
HIRAD PHARMED CO.
Tehran-Iran



Research on oral zinc for specific conditions:

- **Zinc deficiency**
- **Colds:** taken within 24 hours after cold symptoms start, the supplement can help shorten the length of colds
- **Diarrhea:** Oral **Zinc** supplements can reduce the symptoms of diarrhea
- **Age-related macular degeneration:** oral **Zinc** might slow the progression of this eye disease

30 capsules per pack

Each Capsule Contains:

- Zinc 25mg
(As Zinc Sulfate)
- Vitamin C 110 mg
(As Calcium L-Ascorbate)

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