

Information about **vegan** zinc in the product "Vollagen® + Zinc"

The product «**Vollagen® + Zinc**» contains 2.65mg of **vegan** zinc per capsule (Zinci gluconas (18.467mg (14.35%)) Recommended daily dose (2 capsules) with **a total of 5.3mg of zinc.**

Ingredient zinc (zinc gluconate),

is an easily digestible form of zinc that is well absorbed by the body and has various potential health benefits. Some of the most common uses and benefits of zinc gluconate include:

- Immune system support: Zinc is important for the normal function of the immune system. It can help strengthen the body's defenses against infections.
- Skin health: Zinc is important for skin health and can help treat skin problems such as acne or eczema.
- Wound healing: Zinc plays a role in the formation of collagen, which is crucial for wound healing.
- Antioxidant properties: Zinc acts as an antioxidant and can help reduce cell damage caused by free radicals.
- Improving taste sensation: In people with zinc deficiency, taking zinc can help improve the sense of taste.
- Aiding digestion: Zinc plays a role in the production of stomach acid and enzymes that contribute to digestion.
- Fertility: Zinc is important for fertility in both men and women and can affect sperm quality and reproductive ability.

Zinc deficiency

can manifest itself in different ways and cause different symptoms. Symptoms can vary from mild to severe and depend on the severity of the deficiency. The most common signs and symptoms of zinc deficiency include:

- Skin problems: Dry skin, dermatitis, eczema, and wound healing problems may occur.
- Hair loss: Zinc deficiency can lead to hair loss or brittle hair.
- Taste and smell disorders: Changes in taste and smell are possible.
- Stunted growth: In children, zinc deficiency can lead to stunted growth.
- Susceptibility to infections: A weakened immune system can make someone more susceptible to infections.
- Gastrointestinal problems: Nausea, vomiting, diarrhea, and loss of appetite may indicate a zinc deficiency.
- Problems with the nails: White spots on the nails or brittle nails may occur.
- Neurological symptoms: In severe cases, it can lead to neurological problems such as confusion or difficulty concentrating.

People who are at increased risk for zinc deficiency are usually those with certain medical conditions, vegans or vegetarians, alcoholics, and those who suffer from chronic gastrointestinal disorders.

If you have symptoms that could indicate a zinc deficiency, you should consult a doctor. A blood test can provide information about your zinc status.

Permissible health claims according to the FDHA Ordinance on Food Information, LIV 817.022.16

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With a recommended daily dose (2 capsules) with a **total of 5.3mg zinc**, the following permissible health claims may be made

- Zinc contributes to normal acid-base metabolism.
- Zinc contributes to normal carbohydrate metabolism.
- Zinc contributes to normal cognitive function.
- Zinc contributes to normal DNA synthesis.
- Zinc contributes to normal fertility and reproduction
- Zinc contributes to the normal metabolism of macronutrients.
- Zinc contributes to normal fatty acid metabolism.
- Zinc contributes to normal vitamin A metabolism.
- Zinc contributes to normal protein synthesis.
- Zinc contributes to the maintenance of normal bones.
- Zinc contributes to the maintenance of normal hair.
- Zinc contributes to the maintenance of normal nails.
- Zinc contributes to the maintenance of normal skin
- Zinc contributes to the maintenance of normal testosterone levels in the blood.
- Zinc contributes to the maintenance of normal vision.