

*L-OptiZinc® is a zinc mono-L-methionine sulfate with superior absorption, retention and antioxidant and cell protectant properties compared to other forms of zinc tested. L-OptiZinc is a 1:1 complex of zinc and methionine, the best absorbed amino acid in the body. It offers superior benefits when included in dietary supplements and foods and beverages.*

- **Superior Absorption**
- **Superior Antioxidant Properties**
- **Superior Cellular Protection**
- **Approved Form of Zinc in the EU**
- **Promotes Multiple Health Benefits from Increased Immune Function to Skin Health**

### SUPERIOR ZINC CHELATE

L-OptiZinc® is a zinc mono-L-methionine sulfate chelate with superior absorption, retention and antioxidant properties. L-OptiZinc is a 1:1 complex of zinc and methionine, the best absorbed amino acid in the body. L-OptiZinc offers superior benefits when included in dietary supplements and food and beverage applications. L-OptiZinc's superior absorption and retention over other forms of zinc may help increase its health-promoting benefits as these benefits are highly dependent on the amount of zinc that actually gets absorbed and utilized by the body.

### PROVEN EFFECTIVE AND SAFE

In a human absorption study, zinc methionine was absorbed 16% better than zinc polyascorbate and 25% better than zinc sulfate. Animal data showed that zinc methionine was more absorbable than zinc sulfate in diets with varying amounts of fiber. A high-fiber meal or a meal high in phytate content can significantly inhibit zinc absorption. The absorption of zinc methionine was compared to that of zinc sulfate using three different diets with varying fiber content. Zinc absorption from zinc methionine compared to zinc sulfate was 208%, 177% and 117% for corn-soybean meal, soy isolate and amino acid diets respectively. Thus, fiber did not interfere with the absorption of zinc methionine. Animal data has shown that retention of zinc from zinc methionine is higher than zinc oxide after 12 hours, with increased zinc plasma levels of 21% with zinc methionine and 13% with zinc oxide. By 24 hours, plasma zinc returned to predosing levels with zinc oxide, while plasma zinc levels remained 12% higher than predosing values with zinc methionine. Preliminary research has shown that L-OptiZinc inhibits superoxide and hydroxyl free radicals better than zinc gluconate, zinc picolinate, zinc sulfate, zinc citrate and zinc oxide. L-OptiZinc reduces oxidative damage, lipid peroxidation and DNA fragmentation better than zinc gluconate and zinc sulfate. Animal research has shown that zinc methionine enhances mononuclear-phagocytic function, which is important for increased immune function.

### ADDITIONAL BENEFITS

Zinc methionine does not remove iron from cells. Some zinc binding ligands remove iron from cells and can cause anemia. A combination of zinc and methionine was shown to inhibit lead absorption and reduce lead levels in the blood. Zinc methionine is FDA approved safe for human nutrition as a food additive in tablet form.

### PROPOSED STRUCTURE/FUNCTION CLAIMS\*:

Studies show that L-OptiZinc is absorbed better, retained longer and provides greater antioxidant protection than other zinc supplements tested. L-OptiZinc can help support:

1. Powerful antioxidant properties
2. Supports cellular health
3. Supports immune health
4. Supports eye health
5. Supports skin, hair and nail health
6. Supports prostate health
7. Supports muscle function
8. Supports healthy testosterone levels
9. Supports reproductive health
10. Supports normal nerve function
11. Supports digestive health
12. Supports healthy aging

\*This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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