

# BOOST YOUR IMMUNE SYSTEM

## ZINC COLLOID

### Zinc

Zinc is an essential element for humans. It is involved in numerous aspects of cellular metabolism. It plays important roles in growth and development, the immune response, neurological function, and reproduction, the structure of proteins and cell membranes, and proper insulin and thyroid function.

### Zinc-rich Food

- Green leafy vegetables
- pumpkin, and sunflower seeds
- legumes, Cashews, Almonds
- Green beans · Fresh Corn
- Oysters, Crab, Beef
- Blackberries · Pomegranates · Avocado

### Upper Level of Intake- Zinc

Tolerable Upper Intake Level(UL)for adult is 40mg. How much zinc did you drink? If the concentration 11.30mg/Litre shown on label, and was taken 20CC , therefore  $11.30 \times 0.02=0.23\text{mg}$  would be taken. Heavy losses of zinc occur in sweat. The average daily recommended intake of zinc for adults is about 0.2mg/kg of body weight.

### Zinc deficiency

- Impaired immune responses
- Impaired wound healing
- Characteristic skin rashes
- Impaired taste sensation
- Diminished appetite, Anemia
- Behavioral disturbances
- Alopecia (hair loss)
- Oral and perioral dermatitis
- Slowing or cessation of growth and development

### Product Information

- Each batch of AKWA product was tested by a NATA accredited laboratory to ensure the product is of a consistently high standard.
- Store in a cool place. Do not freeze. Keep out of direct light. Keep away from magnetic fields and electrical current.
- Taken orally and hold under the tongue as long as possible before swallowing. This allows the ions and particles to be absorbed through the skin beneath the tongue.

