NutriDyn®

Zinc-Carnosine

Chelated Zinc-Carnosine Complex for GI Support and Integrity♦

Zinc-Carnosine is a high-potency nutritional supplement containing zinc-carnosine complex (zinc chelated to carnosine in a 1:1 ratio). It is suspected that zinc-carnosine provides extended benefits and enhanced absorption beyond what supplementing with other forms of zinc may offer.♦[1]

Zinc is an essential mineral, often present in metalloenzymes, that plays key roles in the gastrointestinal (GI) tract, gene expression, stabilizing cell membranes, immune function, reproduction, sexual maturation, and other biological processes.[1]

Zinc-carnosine, in particular, is well-documented in scientific research to support GI integrity and intestinal permeability.♦[2]

Read on to learn how the zinc-carnosine complex works and its benefits as a GI-supporting nutrient.

How Zinc-Carnosine Works

Zinc-Carnosine includes a highly bioavailable zinc-carnosine complex. Carnosine is a dipeptide (made up of the amino acids beta-alanine and L-histidine) that is present in muscle cells and nerve cells. It is suspected that carnosine supports intercellular tight junctions and cell-mediated immunity.[3]

When zinc is chelated to carnosine, the resulting complex appears to support gut ecology, permeability, and mucosa.♦[2] Research suggests zinc-carnosine does this by stimulating healthy gut reactions and supporting a healthy gut response to everyday life.[4]

There may be extended benefits of zinc-carnosine as well, particularly for supporting cellular metabolism and DNA integrity.♦[5]

Zinc-Carnosine Supplementation

Clinical research cited herein suggests the benefits of Zinc-Carnosine supplementation may include:

- Supports gastrointestinal integrity and permeability♦
- Supports healthy cellular metabolism♦
- Supports DNA integrity♦
- 75 mg zinc-carnosine per serving

Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Zinc (as zinc-carnosine)†	17 mg	155%
L-Carnosine (as zinc-carnosine)†	58 mg	**

Other Ingredients:
Microcrystalline cellulose, hypromellose, vegetable stearic acid, vegetable magnesium stearate, silica.

† as PepZin GI®, a registered trademark of Hamari Chemicals, Ltd., Osaka, Japan.

Directions:
Take one capsule twice daily between meals or as directed by your healthcare practitioner.

Warning: Do not use if pregnant or nursing. If you are taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

GLUTEN-FREE DAIRY-FREE VEGETARIAN

NON-GMO PRODUCED IN A cGMP FACILITY

♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

For more information, visit: ***www.nutridyn.com***

References:

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4. Davison, G., Marchbank, T., March, D. S., Thatcher, R., & Playford, R. J. (2016). Zinc carnosine works with bovine colostrum in truncating heavy exercise–induced increase in gut permeability in healthy volunteers, 2. *The American journal of clinical nutrition, 104*(2), 526-536.

5. Sharif, R., Thomas, P., Zalewski, P., Graham, R. D., & Fenech, M. (2011). The effect of zinc sulphate and zinc carnosine on genome stability and cytotoxicity in the WIL2-NS human lymphoblastoid cell line. *Mutation Research/Genetic Toxicology and Environmental Mutagenesis, 720*(1), 22-33.