

Zinc Lozenges

5 mg



Product Summary:

Everyone can come down with a cold either through physical contact or airborne transmission. And when you catch a cold, it can really take its toll on your day-to-day life until you get better. Immune-boosting zinc, combined with vitamin C and Echinacea, helps to prevent and sooth sore throats and cold symptoms.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Vitamin C is a factor in the normal development and maintenance of bones, cartilage, teeth and gums. An antioxidant for the maintenance of good health. Helps maintain immune function.



GENERAL HEALTH
& WELLNESS



Pharmacology:

Zinc is a biologically essential trace element and is found in hundreds of enzymes. Zinc, vitamin C, and Echinacea are recognized for their role in a healthy immune system. Zinc and vitamin C are also helpful in connective tissue formation, maintaining healthy skin and metabolizing carbohydrates, fats and protein.

Zinc has been used as a herbal treatment to decrease the duration of a sore throat – one of the first signs of a cold. The use of zinc lozenges also seems to help shorten the course of the common cold in adults. The majority of studies show a significant decrease in the duration of cold symptoms when adults take zinc lozenges every 2 hours while awake, within 2 days of the start of a cold.¹ Furthermore, studies demonstrate that zinc lozenges can meaningfully reduce the number of days of throat soreness, coughing, and hoarseness.^{2,3}

The combination of zinc, vitamin C and Echinacea addresses the critical importance of the immune system performance during times of infection. General zinc supplementation on a daily basis serves as a nutritional prevention measure for avoiding infections, facilitating the action of the immune enzymes and other body enzymes as well.⁴ Zinc also has a direct anti-bacterial effect in the throat.⁵ Vitamin C is not only an antioxidant, which is important for the maintenance of good health, but also a factor in the normal development and maintenance of bones, cartilage, teeth and gums.⁶ Echinacea helps to relieve the symptoms and shorten the duration of upper respiratory tract infections (such as “the common cold”).⁷





Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

60's 7 77747 10266 2

NPN:

02240470

Expiry Date:

48 months from date of manufacture

Active Ingredients:

Each lozenge contains:

Zinc (Citrate/Gluconate)	5 mg
Vitamin C (Sodium Ascorbate).....	50 mg

Non-Medicinal Ingredients (in descending order):

Sorbitol, sucrose, mannitol, natural orange flavour and colour, magnesium stearate, Echinacea purpurea, sucralose

Appearance:

Brownish-orange round tablet with flat bevelled edge.

Packaging:

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on the label applied to the exterior of the bottle.

Storage:

Store in tightly closed containers at room temperature.





Dose:

As per the NHPD monograph for Zinc, the adult dose for zinc is 0.7-50 mg/day; for adolescents 14-18y, the dose is 0.7-34 mg/day; and for adolescents 9-13y, the dose is 0.4-23 mg/day.⁴

Directions:

(Adults): 2 – 8 lozenges daily with meals, a few hours before or after taking other medications, or as recommended by a physician.

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. Zinc supplementation can cause a copper deficiency. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Caution is advised for those allergic to flowers of the daisy family.⁸

Deficiency Symptoms:

Zinc deficiency is characterized by growth retardation, low insulin levels, reduced levels of insulin-like growth factor (IGF)-1, anorexia, mental lethargy, irritability, low sperm count, generalized hair loss, rough and dry skin, skin lesions, slow wound healing, decreased thyroid function, delayed onset of puberty, poor sense of smell and taste, diarrhea, and nausea.⁵

Zinc deficiency requiring supplementation may occur in severe diarrhea, malabsorption syndromes, liver cirrhosis and alcoholism, after major surgery, and during long-term administration of total parenteral nutrition.⁵



Drug Interactions/Contraindications:

Calcium: Calcium supplementation might decrease zinc absorption. However, this interaction can be avoided by taking calcium supplements at bedtime instead of with meals.⁵

Copper: High daily doses of zinc (>40 mg/day) might increase the risk of copper deficiency, as zinc can competitively inhibit copper absorption.⁵

Chelation therapy: EDTA and its salts chelate zinc ions. Chelation therapy can decrease zinc serum levels by 40%.⁵

Toxicity/Adverse Reactions:

The ingredients in this product are virtually free from adverse effects when used according to the dosage recommendations.

Orally, zinc can cause nausea, vomiting, and a metallic taste in the mouth.⁵



Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Artificial Sweeteners
Artificial Flavors	Corn Products
Egg Products	Soy Products
Fish	Starch/Modified Starch
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Sulphites	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTION:

Free of Animal Products

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTION:

Kosher





References:

1. Eby GA 3rd. Zinc lozenges as a cure for the common cold – a review and hypothesis. *Med Hypotheses*. 2010 Mar;74(3):482-92.
2. Godfrey JC, *et al*. Zinc gluconate and the common cold: a controlled clinical study. *J Int Med Res*. 1992;20:234-246.
3. Mossad SB, *et al*. Zinc gluconate lozenges for treating the common cold. A randomized, double-blind, placebo-controlled study. *Ann Int Med*. 1996;125(2):81-88.
4. Health Canada, Zinc Monograph, Accessed September 16, 2010 [Available from: <http://www.hc-sc.gc.ca>]
5. Natural Medicine Comprehensive Database (NMCD), Zinc Monograph, Accessed September 12, 2010 [Available from: <http://www.naturaldatabase.com/>]
6. Health Canada, Vitamin C Monograph, Accessed September 16, 2010 [Available from: <http://www.hc-sc.gc.ca>]
7. Health Canada, Echinacea Purpurea Monograph, Accessed September 16, 2010 [Available from: <http://www.hc-sc.gc.ca>]
8. Brown, Donald J. *Herbal Prescriptions for Better Health*, Prima Publishing, Rocklin, CA, 1996.

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