NutriDyn®

Zinc-Carnosine

Chelated Zinc-Carnosine Complex
for GI Support and Integrity♦

Zinc-Carnosine Supplementation

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.

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

GLUTEN-FREE DAIRY-FREE VEGETARIAN

NON-GMO cGMP FACILITY

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) 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 stimulates healthy gut reactions and supports a healthy gut response to everyday life.[4]

There may be additional benefits of zinc-carnosine, particularly in supporting cellular metabolism and maintaining DNA integrity.♦[5]

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

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%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.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

1. Maathuis, F. J. (2009). Physiological functions of mineral macronutrients. *Current opinion in plant biology*, 12(3), 250-258.
2. Mahmood, A., Fitzgerald, A. J., Marchbank, T., Ntatsaki, E., Murray, D., Ghosh, S., & Playford, R. J. (2007). Zinc carnosine, a health food supplement that stabilises small bowel integrity and stimulates gut repair processes. *Gut*, 56(2), 168-175.
3. Boldyrev, A. A. (2012). Carnosine: new concept for the function of an old molecule. *Biochemistry* (Moscow), 77(4), 313-326.
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.

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