



Zinc-30 Plus

With Zinc Chelate, Kelp, Goji and Ginger
A great formula for Thyroid & Immune support

Note: many patients suffer from hypothyroid symptoms well before blood tests detect high TSH levels.

Key Causes of Thyroid Deficiency

1) Autoimmune disease & inflammation

According to the American Thyroid Association, the inflammatory autoimmune disorder called Hashimoto's thyroiditis is the leading cause of hypothyroidism in the United States. Goji and Ginger are helpful in the treatment of autoimmune disease due to their immunomodulating and anti-inflammatory effects.

2) Oxidative stress.

Studies have shown that hypothyroidism is associated with an increase in oxidative stress. Kelp, Goji, and Ginger all contain valuable antioxidants.

3) Deficiencies, especially iodine & zinc.

Iodine is required for the production of thyroid hormones. Iodine deficiency is a common problem globally. Kelp (Seaweed) is one of the most nutrient-dense foods on earth. In addition to being a rich source of naturally occurring iodine, kelp contains a full array of trace minerals along with other valuable phytonutrients such as sulfated polysaccharides (fucoidans), vitamins, antioxidants, and amino acids.

Zinc is needed to form TSH and hypothyroid patients constantly produce more TSH in an effort to stimulate the thyroid into producing more thyroid hormones resulting in a vicious cycle. Studies have shown that zinc supplementation often improves hypothyroidism.

4) Hyperthyroid & Thyroid Cancer Treatments

Hyperthyroidism may be treated with radioactive iodine in order to destroy thyroid tissue. Thyroid cancer is treated by surgically removing all or part of the thyroid (thyroidectomy), radioactive iodine, external beam radiation, etc. These treatments result in hypothyroidism which is treated with thyroid replacement drugs as prescribed by your physician.

How Zinc-30 Plus is Supplied

VMZ30 bottles of 90 capsules

Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 90

Each capsule contains 30 mg Zinc (as amino acid chelate), 100 mg Kelp (*Laminara digitata*) powder, Goji (*Lycium barbarum*) berry extract, 100 mg Ginger (*Zingiber officinale*) root extract.

Other Ingredients: Magnesium (amino acid chelate), Gelatin (capsule).

Suggested Use: One capsule daily or as directed by a health professional.

The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.

Information and References courtesy of **Endobiogénie**

EIMC: Endobiogenic Integrative Medical Center and Endobiogenic Concept™ products

Since Zinc is very important for thyroid & immune support you might want to be sure foods which are high in zinc are a part of your daily diet. Consider cooked oysters, cooked lean beef shortribs, toasted wheat germ, spinach, pumpkin & squash seeds, cashew nuts, cocoa and chocolate powder, cooked lean pork, chicken, cooked chickpeas, cooked white mushrooms.

For vegans and vegetarians... fortified cereals, dry roasted soybeans, hemp seeds, oatmeal, hard tofu, lima beans, kidney beans, pine nuts, pecans, chia seeds, asparagus, shiitake mushrooms, almonds, peanuts, broccoli, zucchini.

References

Zinc

Zinc in Human Health: Effect of Zinc on Immune Cells.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2277319>

Effect of zinc supplementation on thyroid hormone function. A case study

<https://www.ncbi.nlm.nih.gov/m/pubmed/17541266/>

Is zinc deficiency a cause of subclinical hyperthyroidism in Down's syndrome?

<https://www.ncbi.nlm.nih.gov/m/pubmed/2142391/>

Relationship between serum zinc levels, thyroid hormones and thyroid volume following successful iodine supplementation

<https://pdfs.semanticscholar.org/46d5/d9c7bd06a5498dcef9c81815ad32613e4bdd.pdf>

Zinc deficiency associated with hypothyroidism: an overlooked cause of severe alopecia

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3746228/>

Effect of low zinc intakes on basal metabolic rate, thyroid hormones and protein utilization in adult men

<https://www.ncbi.nlm.nih.gov/pubmed/3723200>

Prevalence of iodine deficiency in general population (all age groups) and in school age children (6-12 years) in 2003

<http://www.thelancet.com/action/showFullTableImage?tableId=tbl1&pii=S0140673603149203>

Seaweed (kelp)

Seaweed an effective alternative for iodine supplementation, study finds

<https://www.nutraingredients-usa.com/Article/2014/08/18/Seaweed-an-effective-alternative-for-iodine-supplementation-study-finds>

Lyceum (Goji)

Lycium barbarum increases caloric expenditure and decreases waist circumference in healthy overweight men and women: pilot study

<http://www.tandfonline.com/doi/full/10.1080/07315724.2011.10719973?src=recsys&>

A review of the anticancer and immunomodulatory effects of Lycium barbarum fruit

<https://www.ncbi.nlm.nih.gov/pubmed/22189914>

Anti-inflammatory Activity of Berry Fruits in Mice Model of Inflammation is Based on Oxidative Stress Modulation.

<https://www.ncbi.nlm.nih.gov/pubmed/27114691>

Ginger

Plant Profile -

<https://www.sigmaaldrich.com/life-science/nutrition-research/learning-center/plant-profiler/zingiber-officinale.htm>



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*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*