



ZINC: THE MIGHTY MINERAL

Not only is Zinc one of the most widely used metals in the world; it's also an essential nutrient for our bodies! Though zinc is often overlooked, it plays an important role in immune and cell health.*

WHAT DOES ZINC DO FOR THE BODY?

Zinc is a trace mineral, which means you only need small amounts. However, those small amounts do an incredible amount of work in your body! Zinc offers support to important functions, including immune health and cellular health.*

HOW MUCH ZINC DO I NEED?

The Daily Value for zinc is about 11 mg per day, which is the amount recommended for each nutrient that meets the needs of most people. However, how much zinc you need depends on your age, gender, and life stage. Talk to your health care provider if you have questions.

WHAT ZINC GUMMIES ARE AVAILABLE?

If you're looking for a tasty gummy with zinc in it, check out these **vitafusion™** options:

- **Power Zinc:** Every serving of these delicious, strawberry tangerine-flavored gummies provides high-potency zinc for immune support.*
- **Multi + Immune:** Get all the benefits of a daily multivitamin plus immune support in one delicious, tangerine and strawberry-flavored serving.*
- **Women's Multi:** A gummy vitamin just for women! It's packed with a variety of essential vitamins and minerals, including zinc, for energy metabolism and immune support.*
- **Men's Multi:** A yummy, fruit-flavored gummy vitamin crafted to help support cellular energy and provide immune and muscle support.*

WHAT FOODS CONTAIN ZINC?

While the best sources of zinc are found in oysters and meat, you can find it in plant-based foods too! Discover which common animal-based and plant-based sources have the most zinc:

Food	Serving Size	Amount of zinc (mg)
Oysters, steamed	1 cup	67
Beef, flank steak, cooked	3 oz.	4.8
Beef, ground, cooked	3 oz.	3.6
Lamb chop, cooked	3 oz.	2.3
Pumpkin seeds, shelled	1 oz.	2.14
Chicken thigh, stewed	1 thigh	1.86
Sunflower seeds, shelled	1 oz.	1.48
Cheddar cheese	1 oz.	1.04
Almonds	1 oz.	0.89
Greek yogurt	6 oz.	0.88
Black beans	1/2 cup	0.71

If you're looking for cellular or immune support—look to zinc! Found in a variety of foods and supplements, zinc is a mighty mineral essential for health.*

Brought to you by the **vitafusion™** nutrition experts

***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.**