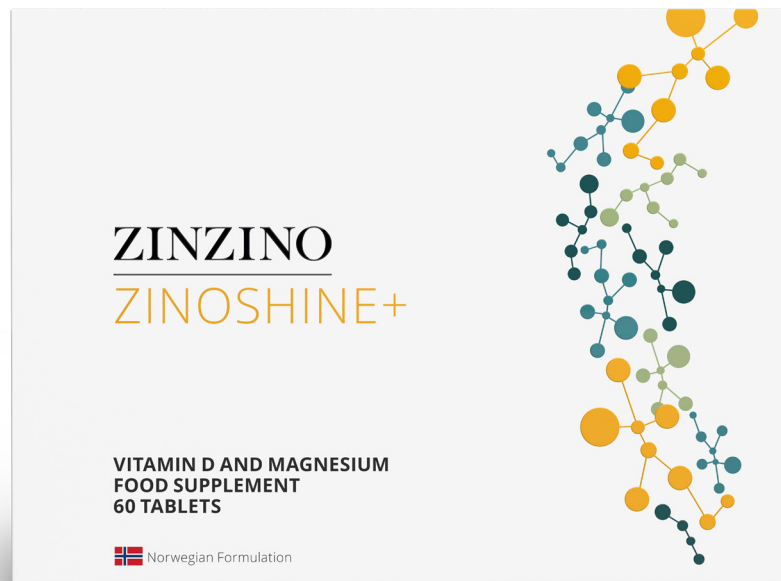


# ZINOSHINE+

## VITAMIN D AND MAGNESIUM FOOD SUPPLEMENT



### PRODUCT HIGHLIGHTS

ZinoShine+ is a uniquely formulated vitamin D<sub>3</sub> and broad spectrum magnesium food supplement. The proprietary blend is developed to support your immune system<sup>1</sup>, reduce tiredness and fatigue<sup>2</sup> and support your muscles<sup>3,4</sup>, bones<sup>5,6</sup>, and teeth<sup>7,8</sup> function.

Your vitamin D needs are decidedly individual, and depend on your age, lifestyle choices, geography, and exposure to sunlight. As such, our tablets have been created to help you tailor your intake according to your individual needs throughout the year, and your entire life.

### THIS IS PERSONALIZED NUTRITION

The more individual approach to our nutritional needs, the better and more sustainable results. In order to optimize the ZinoShine+ benefits in your body, we offer a highly accurate, dried blood test to determine your current vitamin D-levels.

**Content:** 23 grams, 60 tablets



#### IMMUNE SUPPORT

ZinoShine+ supports your immune system<sup>1</sup> and its components play a role in the cell division process<sup>9,10</sup>.



#### BROAD SPECTRUM MAGNESIUM

Our broad-spectrum magnesium approach supports psychological functions<sup>11</sup> and contributes to reduce tiredness and fatigue<sup>2</sup>.



#### BODY FUNCTION

Vitamin D and magnesium support and contribute to normal function of your muscles<sup>3,4</sup>, bones<sup>5,6</sup> and teeth<sup>7,8</sup>.



#### ALL-NATURAL

The ingredients in ZinoShine+ are naturally sourced. They are a true force of nature with the power to shine all by themselves in our unique, Norwegian, all-natural formulation.



#### VEGAN

Synergistic blend of all-natural and purely vegan ingredients.

ZINZINO

## SUPPLEMENT FACTS

| Nutritional value per:           | 1 tablet        | 4 tablets      |
|----------------------------------|-----------------|----------------|
| Vitamin D <sub>3</sub>           | 12.5 µg (250%*) | 50 µg (1000%*) |
| Magnesium                        | 87.5 mg (23%*)  | 350 mg (93%*)  |
| *Nutrient reference values (NRV) |                 |                |

**RECOMMENDED DAILY DOSAGE:** *Children 4–11 years:* 1 tablet per day. *Adolescents 12–18 years:* 1–3 tablets per day. *Adults > 18 years:* 1–4 tablets per day. Do not exceed recommended daily dose. Food supplements are not intended as a substitute for a balanced and varied diet.

**INGREDIENTS:** Blend of magnesium (magnesium hydroxide from seawater\*, magnesium citrate\*, magnesium malate\*, magnesium bisglycinate\*), bulking-agent (beta-cyclodextrin from *Cassava*), anti-caking agent (stearic acid), vegan vitamin D<sub>3</sub> (cholecalciferol)\*, MCT oil from coconut. \*EU-origin and Non-EU origin.

**STORAGE:** Dry at room temperature. Keep out of reach of children.

**ZINZINO ENHANCE BLEND:** Vegan vitamin D<sub>3</sub> (cholecalciferol) from lichen and blend of magnesium.

### ONE SIZE DOES NOT FIT ALL

Better health is a dynamic process. Our micronutrient status may differ between seasons, as we grow older and when our lives change. Make sure to monitor your status regularly with a blood test every four months to ensure you keep a sufficient supply of vitamin D in your body throughout the year. Based on your current vitamin D status, we give you personalized recommendations on how to maintain or improve your levels with ZinoShine+ in a safe and efficient manner.

### VITAMIN D

Vitamin D supports important functions within the body, helping to regulate the absorption of calcium<sup>12</sup> and phosphorus<sup>13</sup>, but perhaps the most vital is that it assist with facilitating normal immune system function<sup>1</sup>. Further, getting a sufficient amount of vitamin D is important for normal growth and development of bones<sup>5,6</sup> and teeth<sup>7,8</sup>.

Like most nutritional and health factors, there is a significant amount of individuality when it comes to addressing our vitamin D needs. Many social and behavioral influences affect our ability to get sufficient amounts of vitamin D through sunshine alone. Factors such as being in an area with high pollution, using sunscreen, the amount of time spent indoors, living and working in big cities where buildings block sunlight, all play a part in how our bodies respond to the sun and produce this essential 'sunshine vitamin'. In addition, your body weight needs to be taken into consideration. Vitamin D is a fat-soluble vitamin and as such the more excess body weight we have, the more we need to produce and consume in order for us to reach and maintain sufficient levels in our blood.

About 1 billion people have vitamin D deficiency worldwide. That is why it is important to both monitor your vitamin D levels and adjust with extra sources of vitamin D besides sunlight whenever necessary.

The source of vitamin D we use is lichen. It is a small unique plant species consisting of a symbiotic association of algae and fungus. It is found on mountainsides, rocks, and trees, in an abundance, and this natural source of Vitamin D<sub>3</sub> is a conscious choice made for the sake of our environment. Lichen-derived vitamin D<sub>3</sub> offers the first natural and vegan-friendly source of vitamin D<sub>3</sub>. Previously, the only plant-based vitamin D option was D<sub>2</sub>, which is considered less efficiently utilized by the body than D<sub>3</sub>. Vitamin D<sub>3</sub> from lichen offers a more bioavailable alternative to animal-derived D<sub>3</sub> sources like lanolin (sheep's wool), requiring no conversion via UV light. The vitamin D<sub>3</sub> we use is a premium, plant-based vitamin D<sub>3</sub> with a clean extraction process.

### MAGNESIUM

There are many sources to vitamins and minerals out there. We strive to find the best and most efficient sources available on the market. ZinoShine+ features magnesium hydroxide from seawater, magnesium citrate, magnesium malate and magnesium bisglycinate. Together, these four sources provides a broad-spectrum approach for enhanced absorption and utilization in our body.

### AN ALL-NATURAL FORMULATION

A + behind the name means that all of the ingredients in the product are naturally sourced. We will never stop to look for all-natural alternatives and continue to be frontrunners within our industry. ZinoShine+ consolidates our determination to use rigorously sourced, all-natural ingredients wherever possible. More than that, it can be also be consumed by vegans, since vegan options are an indisputable part of our range too. Naturally.

## KEY BENEFITS

- ▶ **Supporting the immune system**
- ▶ **Reducing tiredness and fatigue**
- ▶ **Supporting muscle, bone and teeth function**

## ZINOSHINE+ HEALTH CLAIMS (EU)

<sup>1</sup> Vitamin D contributes to the normal function of the immune system.

<sup>2</sup> Magnesium contributes to a reduction of tiredness and fatigue.

<sup>3</sup> Vitamin D contributes to the maintenance of normal muscle function.

<sup>4</sup> Magnesium contributes to normal muscle function.

<sup>5</sup> Vitamin D contributes to the maintenance of normal bones.

<sup>6</sup> Magnesium contributes to the maintenance of normal bones.

<sup>7</sup> Vitamin D contributes to the maintenance of normal teeth.

<sup>8</sup> Magnesium contributes to the maintenance of normal teeth.

<sup>9</sup> Vitamin D has a role in the process of cell division.

<sup>10</sup> Magnesium has a role in the process of cell division.

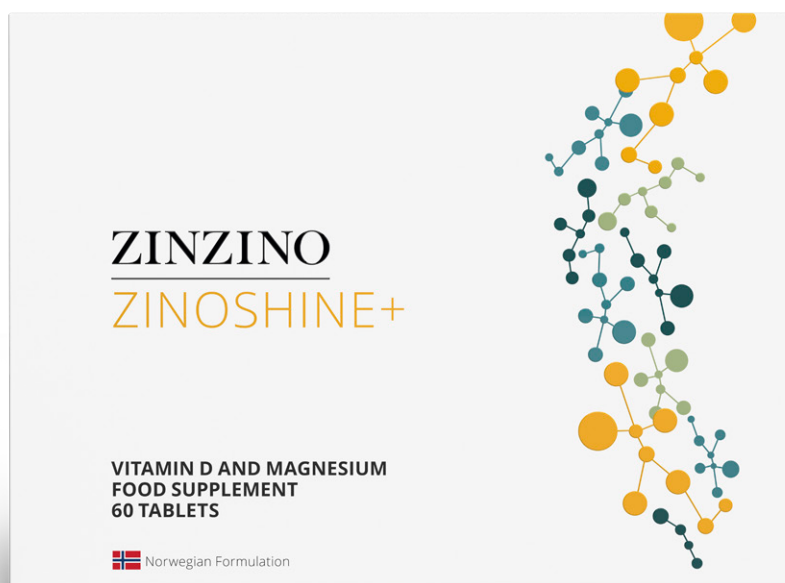
<sup>11</sup> Magnesium contributes to normal psychological function.

<sup>12</sup> Vitamin D contributes to normal blood calcium levels.

<sup>13</sup> Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus.

# ZINOSHINE+

維生素D和鎂營養補充品



不含大豆



全素

## 產品亮點

ZinoShine+ 是一種獨特配方的維生素D和鎂營養補充品。這種專有混合物旨在穩固關鍵力及強健好體質。

## 為何會需要補充？

隨著日常代謝逐漸減少、自然流失，建議盡早補充。您的維他命 D 需求是明顯個體化的，取決於您的年齡、生活方式選擇、地理位置和陽光暴露。因此，我們的 ZinoShine+ 旨在幫助您根據個人需求調整攝取量，無論是在一年中的任何時候，還是您整個生活中。

這是個性化營養對我們營養需求的更個體化方法，能帶來更好和更可持續的結果。優化 ZinoShine+ 在您體內的益處。

## 每一錠含有

維生素D<sub>3</sub> 12.5 微克(500IU)及鎂 87.5 毫克。



### ZINOSHINE+ 選用挪威配方

透過獨特挪威配方展現自然光采、穩固行動活力



### 複方鎂配方

來自海洋濃縮鎂、甘胺酸鎂、蘋果酸鎂、檸檬酸鎂有助於心臟、肌肉及神經的正常功能。有助於身體正常代謝。



### 維持行動力

啟動陽光能量 維生素D打造健康基礎  
每天一錠 強生健體、穩健身體運作、帶您健康走跳世界



### 維生素D與鎂協同作用

生理機能調節、調整體質營養補給



### 採用全素配方

ZINZINO

## 營養標示

| 營養標示               |                |          |
|--------------------|----------------|----------|
| 每份量 1錠<br>本包裝含60份  |                |          |
|                    | 每份             | 每日參考值百分比 |
| 維生素 D <sub>3</sub> | 12.5 微克(500IU) | 125%     |
| 鎂                  | 87.5 毫克        | 22.4%    |

**食用方式:** 每日一錠，搭配開水食用，一日請勿超過 1 錠，多食無益。

**成分:** 海水濃縮物、B-環狀糊精、甘胺酸鎂、蘋果酸鎂、檸檬酸鎂、硬脂酸、膽鈣化醇（維生素D<sub>3</sub>）、中鏈三酸甘油酯

**保存方法:** 置於陰涼乾燥處。避免陽光直接照射。請置於兒童無法取得之處。

### 維生素 D

國人普遍缺乏的陽光維生素  
您知道嗎？根據 2017-2020 年國民營養健康調查報告，高達八成的台灣民眾體內維生素 D 含量不足，其中維生素 D 缺乏狀況最為嚴重！

現代人生活型態多以室內活動為主，加上許多人為了防曬而避免陽光曝曬，使得身體難以透過自然光照合成足夠的維生素 D。雖然部分食物如蘑菇、香菇、黑木耳、鮭魚、蛋黃和乳酪中含有維生素 D，但單純從飲食中獲取足夠的量也相對困難。

### 維生素 D

增進鈣吸收。幫助骨骼與牙齒的生長發育。促進釋放骨鈣，以維持血鈣平衡。有助於維持神經、肌肉的正常生理。

### 我需要補充多少維生素 D？

台灣衛福部建議的每日維生素 D 攝取量為：

1-50 歲：400 IU

51 歲以上：600 IU

### 至於攝取上限，依據美國國家衛生研究院 (NIH) 的指南，考量到不同年齡層的需求：

1 歲以下：最高 1000 IU；1 歲以上：最高 2000 IU

更詳細的每日最大攝取量建議如下：

0-6 個月嬰幼兒：最高 1000 IU

7-12 個月嬰幼兒：最高 1500 IU

1-3 歲兒童：最高 2500 IU

由於維生素 D 普遍缺乏，且其對身體健康至關重要，建議您檢視自身生活習慣與飲食狀況，考慮適量補充維生素 D，為您的健康和整體機能打下良好基礎。

### 鎂：維持健康的關鍵礦物質

鎂是人體不可或缺的重要礦物質，參與體內超過 350 種酵素的生化反應，對於維持正常生理功能至關重要。它不僅有助於骨骼與牙齒的正常發育，更是心臟、肌肉及神經正常功能的關鍵。此外，鎂還能協助醣類的正常代謝，促進身體的新陳代謝，並在日常營養調節與夜間放鬆舒緩中扮演重要角色。

### 您可能需要額外補充鎂

鎂主要存在於全穀類、深綠色蔬菜、堅果和種子等天然食物中。然而，對於忙碌的外食族或飲食不均衡者，日常飲食可能難以攝取足夠的鎂。台灣成年男性的每日建議攝取量為 360-380 毫克，成年女性則為 310-320 毫克。

根據多項大型研究，攝取足夠的鎂與維持整體健康有著密切關聯。若您擔心鎂攝取不足，建議您考慮額外補充，或調整飲食型態以增加鎂的攝取量。我們的產品每粒含有 87.5 毫克鎂，能幫助您輕鬆補充每日所需，維持活力與健康。

## AN ALL-NATURAL FORMULATION 自然為本，純粹堅持

我們深信大自然的力量，並持續不懈地在全球各地尋找最優質、最嚴謹採購的天然替代成分。我們的目標是始終走在業界前端，成為全天然產品的領導者。

ZinoShine+ 正是這份承諾的具體實踐，它鞏固了我們對成分的決心。更棒的是，ZinoShine+ 也能讓素食者安心食用，因為提供素食選項是我們產品開發中不可或缺的一環。我們堅信，最純粹的配方，才能為您的健康帶來最美好的效益。

## 主要優勢

- ▶ 強身健體無懼外在威脅
- ▶ 生理機能調節、調整體質營養補給
- ▶ 強生健體、穩健身體運作