

# 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.

## 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.