



# Peptic-Care ZC\*

Introduced 2007

## What Is It?

Peptic-Care ZC provides patented support for strengthening the stomach's mucosal defenses, buffering gastric acid, maintaining gastric integrity and providing antioxidant support for overall gastric health and comfort.\*

## Uses For Peptic-Care ZC

**Gastric Health:** Zinc-carnosine has a slow disassociation rate and adheres to the stomach lining, allowing for prolonged protection. Once dissociated, zinc and carnosine provide synergistic antioxidant protection, strengthen the stomach's mucosal defenses, buffer gastric acid and maintain healthy cytokine release. Studies have suggested that this combination has greater effects on the integrity of the gastric lining than either ingredient alone. One Japanese multi-center, double-blind study involving 299 subjects described a positive effect of zinc-carnosine on objective and subjective parameters of normal gastric health and repair functions, especially after eight weeks. Seven additional clinical evaluations with more than 550 volunteers indicated similar results. In recent in vitro and in vivo studies, zinc-carnosine stimulated healthy gut repair by supporting healthy colon cell reproduction and maintaining healthy villus function. In a double-blind, randomized, cross-over trial, zinc-carnosine maintained healthy gut permeability.\*

## What Is The Source?

Patented 1:1 chelate of zinc and l-carnosine. Zinc is derived from earthen ore. l-Carnosine is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypoallergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations® recommends 1 capsule, 1-2 times daily, with meals.

## Are There Any Potential Side Effects Or Precautions?

Zinc-carnosine has been extensively studied and utilized in Japan, and has an excellent safety profile. In rare cases, zinc can cause nausea, vomiting or a metallic taste. High intakes of zinc can cause fever, diarrhea or fatigue and may impair immune response. Not to be taken by pregnant or lactating women. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Zinc may be contraindicated with certain antibiotics. Consult your physician for more information.

## Peptic-Care ZC

each vegetarian capsule contains	 v 3
zinc (from zinc-l-carnosine).....	16 mg
carnosine (from zinc-l-carnosine) .....	58 mg
zinc-l-carnosine complex.....	75 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	
<i>Not to be taken by pregnant or lactating women. Consult a health professional before taking this or any other product.</i>	
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