

Vitamins, Minerals Tablet with Grape Seed Extract

Zincogut[®] Tablets

PLUS

झिंकोगट प्लस
NUTRACEUTICAL



| Ingredients | Qty/Serving | %RDA |
|--------------------|-------------|--------|
| Vitamin C | 40 mg | 50 % |
| Vitamin E | 10 mg | 100% |
| Vitamin B3 | 18 mg | 100% |
| Vitamin D2 | 10 mg | 66.67% |
| Vitamin A | 600 mcg | 60% |
| Vitamin B5 | 3 mg | 60% |
| Vitamin B2 | 1.60 mg | 64% |
| Vitamin B6 | 2 mg | 83.33% |
| Vitamin B1 | 1.40 mg | 77.78% |
| Vitamin B9 | 120 mcg | 68% |
| Vitamin B7 | 30 mcg | 75% |
| Vitamin B12 | 1 mcg | 45.45% |
| Magnesium | 18 mg | 4.09% |
| Zinc | 10mg | 58.82% |
| Manganese | 1 mg | 25% |
| Copper | 0.50mg | 29.41% |
| Potassium | 100mcg | 0.003% |
| Iodine | 100 mcg | 71.42% |
| Chromium | 25mcg | 50% |
| Selenium | 30 mcg | 75% |
| Molybdenum | 25mcg | 55.56% |
| Grape Seed Extract | 50 mg | ** |

*%RDA values established as per ICMR guideline 2020 for Men – Moderate Work

1. What is Zincogut Plus Tablet?

Zincogut plus tablet is a well curated mixture of multivitamins, multi minerals and grape seed extract which would be helpful in boosting immunity, relieving fatigue and during the period of convalescence.



We Impart Health to Life

2. How does Zincogut Plus Tablet work?

More than 80% of the Indian population suffer from micronutrient deficiency and it has led to the burden of infectious diseases, impaired immunity, and fatigue. A bidirectional relationship among nutrition, infection and immunity exists changes in one component affect the others. Every ingredient of Zincogut Plus Tablet works in harmony with our body's immune system to combat deficiencies, decrease the burden of infections, improve fatigue and help in recovering.

Vitamins A, B , C : are all involved in maintaining the structural integrity of the mucosal cells of the innate barriers, differentiating, proliferating, functioning and movement of immune cells, they are also helpful in anti-microbial production. Vitamin C and E are potent antioxidants.

Vitamin C also known as ascorbic acid is a potent antioxidant, also responsible for the synthesis of collagen, anti-inflammatory effect, anti-viral effect and immunomodulatory effect.

Vitamin D demonstrates its effects in both innate and adaptive immunity. In case of innate, it helps in chemotaxis, phagocytosis and blocking the effect of reactive oxygen species. In case of adaptive immunity, it helps in the growth of T helper cells. Its is responsible in promoting cell growth, supporting neuromuscular function and preventing upper respiratory tract infection.

Vitamin E is also known as tocopherol, it is important in the growth of macrophages, T cells, B cells,NK cells etc.

Zinc affects multiple aspects of the immune system. Zinc is crucial for normal development and function of cells mediating innate immunity, neutrophils, and NK cells. It is also helpful in phagocytosis, intracellular killing and cytokine production.

Trace elements such as manganese, magnesium, copper, selenium, potassium, iodine, molybdenum together are responsible in mediating cellular processes, altering the structure of the membrane to prevent the entry of specific molecules into the cell.They act as cofactors for many enzymes such as glutathione peroxidase (GPx), superoxide dismutase (SOD), and RNA polymerase and centres for stabilizing structures of many enzymes

Grape Seed Extract is rich in proanthocyanins. They help in wound healing, reducing inflammation, antioxidant activity, modulate immune function. They also prevent the increase of low density lipoprotein and cholesterol concentration

3. Who should take Zincogut Plus Tablet?

We are more likely to contract several diseases because of our evolving lifestyles, which could weaken our defenses and drain us of energy. An individual with low immunity, fatigue problems, or who is recovering from any illness can take Zincogut Plus Tablet as a supplement.

4. What are the causes of impaired immunity?

There are various causes of impaired immunity in an individual starting from socio-economic burden, inadequate household access to resources such as food, clothing , shelter. Inadequate care, lifestyle modifications, genetics, underlying disease conditions, stage of the life course.

Various other parameter such as stress, physical fitness, strenuous exercise, ill-habits, medication or therapies etc.

5. What is meant by convalescence?

Convalescence is the gradual recovery of health and strength after illness or injury. It refers to the later stage of an infectious disease or illness when the patient recovers and returns to previous health, but may continue to be a source of infection to others even if feeling better.

6. What are the benefits of taking Zincogut Plus Tablet?

The 12 vitamins, 9 minerals, and grape seed extract in Zincogut Plus Tablets work as antioxidants, immunomodulators, co-factors for various enzymes, aid in DNA synthesis, and work on various stages of immunity building and energy boosting.

7. Can Zincogut plus tablet be co-prescribed with other medications?

Yes, there is no harm in co-prescribing Zincogut plus tablet with other on-going medications.

8. What are the precautions to be taken while administering Zincogut plus tablet?

No special precautions are required while using Zincogut Plus tablet. Only if the person develops hypersensitivity or allergy to any of the contents, do not use Zincogut Plus Tablet and inform your health care professional.

9. Are there any side effects with consumption of Zincogut plus tablet?

There aren't any side effects associated with Zincogut plus tablet. If the patient encounters any hypersensitivity associated with the ingredients, they can seek help from their health care professional.

10. What is the recommended usage of Zincogut Plus Tablet?

The recommended usage of Zincogut plus tablet is one tablet a day or as suggested by the health care professional.

11. How long one must take Zincogut plus tablet?

Zincogut Plus tablet can be taken depending upon the physiological condition of the patient.

12. What is the ideal population for supplementation for Zincogut Plus Tablet?

Patients suffering from impaired immunity, fatigue and recovering from any disease condition (convalescence) can be supplemented with Zincogut plus tablet.

13. Is it advisable to administer Zincogut plus tablet during pregnancy/lactation?

It is advisable that pregnant/lactating women should consult their health care professional before use.

14. How to store Zincogut Plus Tablet?

Store in cool and dry place, away from direct sunlight and moisture.

Keep out of reach of children.

Manufactured By: Zeon Lifesciences Ltd.

Date of Revision: March 2023.