

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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Zinconium

Mineral and Cofactor Support

WHAT IT IS:

- A precision blend of trace minerals, activated B vitamins and amino acid cofactors that support patients with low zinc levels, insulin sensitivity and healthy glucose metabolism

WHY YOU NEED IT:

- Uses Albion® chelated Zinc, Magnesium and Molybdenum for superior absorption and tolerability
- Delivers Chromium Polynicotinate, the form of chromium bound to niacin for absorption and biological activity
- Supplies 2,000 mcg of Biotin, which supports the liver enzymes that handle glucose
- Activated Vitamin B6 as Pyridoxal 5-Phosphate — no conversion step required
- Important for patients with insulin resistance, prediabetes, metabolic syndrome or a family history of diabetes
- Great for patients with sugar cravings, mid-afternoon energy crashes, or an elevated fasting glucose or A1c
- 240 vegetable capsules — flexible dosing from one to three capsules daily

HOW IT HELPS:

Zinc is a critical mineral for maintaining immune health. Our modern diets are typically low in zinc, so it is easy for us to become deficient. And when patients are deficient in one mineral, they are typically low in many other of the minerals and vitamins that co-travel. Since we cannot easily test for all of the body's mineral levels, a low zinc level usually means that other critical nutrients are also deficient. Zinconium contains all of the other important vitamins and minerals that are typically seen in patients with proven low zinc reserves.

Zinc is also required for the synthesis, storage and secretion of insulin from the pancreas. Magnesium deficiency is strongly associated with insulin resistance, and magnesium is a cofactor for the enzymes that phosphorylate glucose once it enters the cell. Manganese,

Molybdenum and Boron support the broader enzymatic machinery of carbohydrate and mineral metabolism, while Vitamin B6 as Pyridoxal 5-Phosphate and Taurine round out the formula — taurine supports pancreatic beta cell function and healthy vascular tone.

Chromium is the central player. It participates directly in the cellular signaling that follows insulin binding to its receptor, and supplementation has been repeatedly shown to enhance insulin's effect and improve glucose tolerance in people with insulin resistance. Zinconium uses chromium polynicotinate, in which chromium is bound to niacin — a form selected for its absorption and biological availability compared with unbound chromium salts.

Biotin is included at a meaningful 2,000 mcg dose because it stimulates liver glucokinase activity, supports insulin production and enhances glucose uptake into muscle. Research pairing chromium with biotin has consistently found the combination more effective than either nutrient alone.

Zinconium is intended as metabolic support alongside diet, activity and, where appropriate, prescription therapy. It does not replace glucose-lowering medication.

Dosage:

Take one capsule one to three times daily with meals, or as directed. If you take insulin or oral diabetes medication, monitor your blood sugar closely, as your requirements may change. Biotin at this dose can interfere with certain laboratory immunoassays — stop this product 48 to 72 hours before blood work involving thyroid, cardiac or hormone testing.