

ZEENISH

COMPOSITION:

Each tablet contains:

Vitamin C 20mg, Vitamin D 0.005mcg, Vitamin E 10mg, Thiamine (Vitamin B1) 2mg, Riboflavin (Vitamin B2) 1mg, Niacin 4.5mg, Vitamin B6 2.5mg, Folic Acid 0.1mcg, Vitamin B12 0.005mcg, Biotin 0.0375mcg, Pantothenic Acid 10mg, Calcium 100mg, Iron 3.5mg, Iodine 0.05mcg, Magnesium 18.75mg, Zinc 3.75mg, Selenium 0.041mcg, Manganese 0.5mg, Horsetail powder Extract 50mg, L-Cysteine 25mg, L-Methionine 12.5mg, Inositol 50mg, Citrus Bioflavonoid Complex 3.75mg, Chromium 0.01mcg, Coenzyme Q10 1.25mg, Copper 0.25mcg, Grape seed extract 3.75mg, Hydrolysed marine collagen 50mg, MSM 50mg, Natural mixed carotenoids 0.5mg.

DESCRIPTION:

A proprietary blend of plant-based nutrients known for their beautifying properties, including grape seed extract, all rich in antioxidants, enzymes, amino acids, and even more vitamins and minerals. It helps keep you looking healthy, helping you feel radiant. In order to keep your hair, skin and nails beautifully youthful and healthy, vitamins and minerals must be brought to the surface from within. Zinish provides a complete array of nutrients required to nourish skin, hair and nails from within. Through a beautifying blend of essential vitamins, minerals, and plant-based nutrients vital to supporting the optimum health of your hair, skin, and nails. Botanically based Skin and Body lines nourish, moisturize, tighten, tone, and firm your skin on the outside

PHARMACOLOGICAL ACTION:

Selenium is an important mineral and antioxidant, with confirmed health benefits for Selenium including contributing to the maintenance of normal hair and nails and to the protection of cells from oxidative stress.

Vitamin C is an important vitamin and antioxidant with a wide range of health benefits. Vitamin C contributes to collagen formation; the normal function of blood vessels and skin; and to the protection of cells from oxidative stress.

Zinc has a variety of functions in human health including a role in the process of cell division. Zinc also contributes to the maintenance of normal hair, nails and skin and to the protection of cells from oxidative stress.

Biotin is a water soluble B-complex vitamin, an important co-enzyme and essential nutrient that contributes to the maintenance of normal hair and skin.

Copper is a mineral essential for the formation of the pigment melanin which plays a role in the pigmentation of the hair, skin, and eyes. Copper contributes to the maintenance of normal connective tissues, normal hair and skin pigmentation and to the protection of cells from oxidative stress. Intake of oral selenium plus copper is also associated with protective factors in respect of sunburn cell formation in human skin.

MSM (methyl sulphonyl methane) is an organic form of sulphur; high levels of sulphur are found in the muscles, skin and bones as well as concentrated amounts in the hair and nails. Sulphur is a component of keratin, the main protein of hair and nails and is vital for the formation of keratin, collagen and elastin which provides flexibility, tone and strength to muscles, bones, joints, skin, hair and nails. Pantothenic acid (Vitamin B5) is a water-soluble vitamin and is important for the maintenance and repair of all cells and tissue. It is considered beneficial in the maintenance of healthy skin, muscles and nerves with reported benefits for pantothenic acid and acne appearing very promising.



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Calcium as well as having a function toward skeletal health plays a recognised part in the process of cell division and specialization. There are several forms of calcium available, natural wholefood calcium sourced from seaweed is provided in this supplement.

Magnesium is involved in energy metabolism, and is notably important in the heart, skeletal muscles, and nervous system.

Manganese is essential for antioxidant systems in the body, bone growth, fat metabolism, and protein, nucleic acid, and cartilage synthesis.

Vitamin E acts as an antioxidant that aids the body in healing itself after damage. It is great for preventing acne scars and wrinkles. Vitamin E also facilitates healthy circulation enabling more oxygen and nutrients can be carried by the red blood cells to the skin layers. Sunflower seeds, nuts and vegetable oils are good sources of Vitamin E.

Vitamin B12 is usually obtained from food the body does not make it on its own and a chemical in the digestive system helps the body assimilate and use Vitamin B12. As people age, they lose some ability to utilize B12, and many people become deficient in this vital vitamin. When adequate amounts cannot be obtained through food, Medline states that oral supplements or monthly B12 shots may be recommended. A simple blood test can check your levels of Vitamin B12.

B-Complex Vitamins B-complex vitamins is essential for good hair and skin. In addition to Vitamin B12, Vitamins B3 and B6 are also critical for hair and skin growth and appearance. A balanced B-complex vitamin supplement provides the extra boost your hair and skin may need to look great. Vitamins B2, B5 and B12 are all essential for healthy skin and promoting skin cell growth. Another B vitamin which is vital for hair and nail health is biotin. Biotin is a nutrient that promotes healthy hair growth and fights nail brittleness. According to research, biotin can significantly increase the firmness and hardness of your nails. Food sources of biotin are legumes, peanuts, milk and eggs.

Coenzyme Q10 Co-Q10 as well as

L-Cystine, the sulphur containing amino acid is necessary for skin and nail growth.

Natural Mixed Carotenoids helps protect skin from harmful effects of UV light.

Grape Seed Extract (95% proanthocyanidins) contains antioxidants to protect cells from free radical damage and promote a healthy circulation.

Chromium plays a key role in fat and carbohydrate metabolism providing energy for skin cells. Plays a role in the body's glucose tolerance factor, important for individuals with a poor glucose balance which can in turn effect skin coloration and health.

Iodine is essential for the production of thyroxine, a hormone which regulates metabolic rate. A lack of thyroxine can have a detrimental effect on the appearance of skin, hair and nails.

Iron deficiency can produce "spoon" nails and/or vertical ridges and can cause nails to become thin.

Vitamin D3 plays a role in skin cell metabolism and growth and may be especially helpful for people with dry skin and psoriasis.

L-Methionine is a building block of protein tissue, many people take it to help their hair grow, their nails stay strong, and their skin remain youthful and healthy. One key element of L-Methionine is sulfur. Sulfur is needed to manufacture keratin in the hair shaft, and Methionine is one of just four amino acids that contain sulfur (L-Cysteine is one of the others). Methionine is one of only three amino acids that help your body to build creatine, a protein that is necessary for muscle growth as well as energy.

Inositol is unofficially considered to be a member of the vitamin B complex because it works closely with B vitamins. Since it supports the functions of B vitamins, it is great for your hair, skin, and nails.

When you have extra inositol, it boosts the positive effects of all the other B vitamins in your diet, that



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s why it is an excellent idea to take inositol as part of a multivitamin containing B complex. Since inositol is also a component of all cell membranes, it is necessary for the growth of healthy tissue throughout your body.

Folic acid, also known as Vitamin B9 is extremely beneficial for the skin and hair too.

Horsetail contains minerals that may help with weak and brittle fingernails and white spots in the nails. Horsetail may help to promote hair growth and strength and may also be beneficial for hair loss, dandruff, and split ends.

Marine collagen, an essential ingredient in the Skin, Hair and Nails supplement, is easily absorbed by the body. It is then distributed throughout the body by the flow of blood. Skin damaged by time is repaired by the action of the active ingredients, and endogenous collagen production is stimulated. The results are improved skin suppleness; improved skin moisture; increased collagen density; and the prevention of the formation of deep wrinkles.

INDICATIONS:

Zinish is useful in dietary adjunct for individuals who wish to support healthy hair, skin and nails.

DOSAGE:

As directed by the doctor,
Two tablets twice daily with meal.

CAUTION:

Consult your physician if you are pregnant, nursing, taking medications, or have a medical condition.

STORAGE:

Protect from excessive heat, light, and moisture.
Store in a cool & dry place below 30°C.
Keep out of reach of children.

PRESENTATION:

Zinish tablets are available in blister pack of 30's.



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