

**Zinc Acetate Lozenges May Improve the Recovery Rate of Common Cold Patients: An Individual Patient Data Meta-Analysis.** [Open Forum Infect Dis.](#) 2017 Apr 3;4(2):ofx059. doi: 10.1093/ofid/ofx059. eCollection 2017 Spring.

By 5th day, 70% of the zinc patients had recovered compared vs. 27% of the placebo patients (i.e. 2.6 x more recovered by 5 days). About 40% shorter. They used 80–92 mg/day of elemental zinc as the acetate salt.

Below are three NOT recommended products for this use. One with only 5 mg zinc when you read the BACK label. The other HOMEOPATHIC. The zinc in the homeopathic product is listed as 1x—very “weak” in homeopathic theory, but actually 10% by weight or volume or maybe of the solution they made up and put a few drops of on the absorbent tablet—but you cannot know how many mg you are getting. The last label Dr. Faiola purchased—Having prepared this piece HE was still fooled by the 3 mg of elemental zinc hiding behind the 23 mg measurement of the whole compound esp. the “gluconate.”



Supplement Facts		
Serving Size 1 Lozenge (4 g)		
Servings per Container 24		
Amount per Serving		% DV
Calories	15	
Total Carbohydrate	3 g	1%†
Sugars	2 g	**
Other Carbohydrate	1 g	**
Vitamin C (as ascorbic acid)	60 mg	100%
Zinc (as zinc gluconate)	5 mg	33%
Organic Black Elderberry (berry) Extract standardized to BioActives® from 800 mg of premium cultivar elderberries	12.5 mg	**

†Percent Daily Values are based on a 2,000 calorie diet. \*\*Daily Value (DV) not established.

Other ingredients: Organic brown rice syrup, Organic dried cane syrup, Natural raspberry flavor

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Vitamin C (as ascorbic acid)	100 mg	111%
Zinc (from 23 mg zinc gluconate)	3 mg	27%

A DECENT PRODUCT for this use: the zinc is at 23 mg, below. FOUR of those lozenges DAILY are sufficient. However, this is not felt to be a nutritional effect, but a contact effect, thus a 10–12 mg product sucked 8 times *might* be a superior strategy (and “rapid melt” a disadvantage). But none taste real good. The FDA warning of use over 40 mg daily not likely an issue for *short term* use begun within 24 hours of “cold” onset. BTW: The duration of cough after a typical “cold” averages about 3 weeks—*might* shorten!

Conditions: Persons with allergies to plants of the Asteraceae (Compositae) family including ragweed should use this product with caution. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts		
Serving Size 1 Lozenge		
Amount Per Serving		% DV
Total Carbohydrate	1 g	<1%†
Sugars	1 g	**
Vitamin C (ascorbic acid)	100 mg	167%
Zinc (as citrate, gluconate)	23 mg	153%
Echinacea purpurea (stem, leaf, flower)	20 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established.

Other ingredients: sorbitol, fructose, mannitol, natural flavor, sodium bicarbonate, magnesium stearate, French vanilla flavor, stevia leaf extract

# READ LABELS



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