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# Zinc Complex 25mg

*Data Sheet*

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## Essential trace element for your health & well-being

High-dose organic zinc complex from zinc gluconate, zinc bisglycinate, and zinc picolinate

## Organic Zinc Complex for Optimal Zinc Supply

Zinc is an essential trace element involved in over 300 enzymatic processes and essential functions in your body.

- Supports immune defense<sup>3</sup>
- Antioxidant effect<sup>7</sup>
- Strong bones, hair & nails<sup>1 2</sup>
- Regulates testosterone levels<sup>6</sup>
- 100% organic: Gentle on the stomach

## What is Zinc Complex 25mg?

Zinc is an **essential trace element** that your body cannot produce or store in the long term – yet it plays a crucial role in the body and is indispensable for many vital processes. It strengthens your **immune system**<sup>3</sup>, supports **skin, hair, and nails**<sup>2</sup>, ensures a healthy **hormonal balance**<sup>4</sup>, and contributes to **regeneration**<sup>5</sup>.

It is also of great importance for **male health**: It supports **fertility**<sup>4</sup> and promotes a healthy **testosterone level**<sup>6</sup>.

Not all zinc compounds are the same, as bioavailability, i.e., the body's ability to absorb and utilize the supplied zinc, depends crucially on the chemical form. **Organic zinc compounds** such as **zinc bisglycinate** or **zinc gluconate** have clear advantages over inorganic forms like zinc oxide or zinc sulfate. They are more soluble and are absorbed more efficiently through the intestinal mucosa into the bloodstream, allowing the body to utilize the trace element optimally. **Organic zinc is also more tolerable** and reduces the risk of side effects such as stomach irritation.

With the zinc complex from artgerecht, you get a **high-dose**, organic zinc complex that has been developed for **maximum bioavailability** and optimal tolerability – ideal for sustainably supporting your health and effectively covering your **daily zinc requirement**.

## Why Zinc Complex 25mg from artgerecht?

- Trace element for bones, skin, hair, and immune system <sup>123</sup>
- High-dose and effective: Each capsule contains 25 mg of elemental zinc from three organic sources.
- Maximum bioavailability
- Organic zinc compounds (e.g., zinc bisglycinate, zinc picolinate, etc.) ensure optimal absorption.
- Gentle and well-tolerated: Gentle on the stomach, ideal for daily use.
- Free from additives: 100% vegan, gluten-free, GMO-free, and lab-tested.
- Sustainable and safe: Manufactured in Germany according to the highest quality standards.

## Scientific background to Zinc Complex 25mg?

Zinc is an **essential trace element**, which significantly contributes to the function of the immune system<sup>3</sup>. It **acts as an antioxidant**, supports the activation of T-cells<sup>3</sup>, and protects the body from the effects of oxidative stress<sup>7</sup>, particularly during stressful times. At the same time, zinc plays a role in the **regulation of the acid-base balance**<sup>8</sup>, thereby ensuring a stable balance. As it is one of the most common trace elements in the body, it is mainly found in **skin, nails, and bones**.

## Frequently Asked Questions

### What makes Zink 25 mg from artgerecht special?

Zink 25 mg from artgerecht combines three high-quality organic zinc compounds: zinc gluconate, zinc bisglycinate, and zinc picolinate. This unique blend ensures optimal zinc effectiveness, supports targeted tissue supply, and minimizes side effects. The zinc tablets are vegan, gluten-free, and laboratory-tested – for maximum compatibility and the highest quality.

### Why is zinc so important for the body?

Zinc plays a key role in over 300 enzymatic processes in the body. It strengthens the immune system<sup>3</sup>, supports skin regeneration, promotes healthy hair and nails<sup>2</sup>, and is crucial for hormone balance. Zinc also contributes to recovery during colds and supports the body's defenses.

### What is the difference between organic and inorganic zinc?

Organic zinc compounds like zinc bisglycinate or zinc picolinate offer significantly better bioavailability than inorganic forms. They are more efficient in absorption, gentler on the stomach, and maximize zinc effectiveness in the body, optimally covering the daily zinc requirement.

### Can you overdose on zinc?

Yes, a zinc overdose can cause side effects such as nausea, gastrointestinal discomfort, or diarrhea. The recommended daily intake should not be exceeded. The ideal amount of zinc per day depends on individual needs – for adults, the daily zinc requirement is about 10 mg.

### Who are the zinc tablets from artgerecht suitable for?

The zinc tablets are ideal for adults who want to meet their daily zinc needs. However, the product is not suitable for children, pregnant women, or breastfeeding mothers unless prescribed by a doctor.

### How does zinc support the immune system during a cold?

Zinc plays a central role in activating T-cells and helps the immune system fight pathogens efficiently. Especially during colds, targeted zinc intake supports recovery and strengthens the body's defenses to help get well faster.

### What role does zinc play for skin, hair, and nails?

The zinc effect on skin, hair, and nails is particularly strong, as zinc promotes cell division and supports structural proteins like keratin. This helps regenerate the skin, results in strong hair, and strengthens brittle nails.

### What are typical symptoms of zinc deficiency?

A zinc deficiency can manifest as a weak immune system, hair loss, brittle nails, dry skin, and delayed wound healing. Other symptoms of zinc deficiency include fatigue, concentration problems, and an increased susceptibility to infections, especially during cold season.

### How much zinc per day is recommended?

The daily zinc requirement for adults is about 10 mg for men and 7 mg for women, according to recommendations. In case of increased needs, e.g., during stressful periods or colds, supplemental intake may be beneficial. However, the correct dosage should not be exceeded to avoid zinc overdose.

### Which foods are rich in zinc?

Zinc is primarily found in animal products like meat, fish, and eggs. Plant-based sources like legumes, pumpkin seeds, or whole grains also contain zinc, though the absorption rate is often lower. To specifically meet the daily zinc requirement, high-quality zinc tablets can be a useful supplement.

## Zinc and the Immune System

Zinc is one of the **most important trace elements** for the body's **immune defense**<sup>3</sup> and plays a crucial role in the function of the immune system. It supports the formation and activation of T-cells, which are key players in the specific immune response, targeting pathogens. Zinc also plays an important role in the **regulation of inflammatory processes** and **protects the cells from oxidative stress**<sup>7</sup>, caused by free radicals. Especially in stressful times, during high physical exertion, or during the cold season, the body needs sufficient zinc to maintain immune defense and **effectively fight off pathogens**.

Since the body cannot produce zinc on its own, it is necessary to regularly obtain this **trace element** through food. It is mainly found in animal products like meat and fish, but also in plant-based sources like nuts, although the absorption from plant foods is often limited due to the presence of phytates. Especially for those with a vegetarian or vegan diet, as well as smokers, there can be an increased need, which can be covered through supplements.

**High-quality zinc supplements** containing organic zinc compounds like zinc picolinate or zinc bisglycinate are particularly well tolerated and ensure **efficient absorption** in the body. This zinc compound is characterized by its **high tolerance** and can be efficiently absorbed and processed by the body, as picolinic acid naturally occurs in metabolism. The capsules are particularly suitable for meeting the increased zinc requirements, such as for smokers, those on a vegetarian diet, or for targeted **support of the immune system**.

Zinc not only helps strengthen the immune system<sup>3</sup>, but also supports general **cell health**<sup>5</sup>. It is an essential component of antioxidant **protective mechanisms**<sup>7</sup>, which protect the cells from damage. Additionally, zinc contributes to wound healing<sup>10</sup>, **skin regeneration**, and maintaining healthy mucous membranes<sup>2</sup>, which serve as a barrier against pathogens. A well-supplied body can thus maintain its **own immune defense** and is better able to fend off infections and recover more quickly.

## Ingredients

Zinc gluconate, zinc bisglycinate, zinc picolinate, stomach acid-resistant capsule

(Hydroxypropylmethylcellulose)

Content	Per Daily Dose (1 Capsule)	NRV1
Zinc Gluconate- of which Zinc	64.6 mg8.33 mg	83 %
Zinc Bisglycinate- of which Zinc	41.7 mg8.33 mg	83 %
Zinc Picolinate- of which Zinc	41.7 mg8.33 mg	83 %

## Recommended intake

Take 1 capsule daily, unchewed, with 150 ml of water.

## Additional information

- SKU/MPN: 15701
- Content: 30 Kapseln
- Net filling quantity: 5g
- EAN/GTIN: 4260656120668
- PZN (DE): 19647520
- PZN (AT): 5937533
- Customs tariff number: 21069092
- Origin: DE
- Version: 18.12.2025




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<sup>1</sup> Zinc contributes to the maintenance of normal bones<sup>2</sup> Zinc contributes to the maintenance of normal hair, skin, and nails<sup>3</sup> Zinc contributes to the normal function of the immune system<sup>4</sup> Zinc contributes to normal fertility and reproduction<sup>5</sup> Zinc has a role in cell division<sup>6</sup> Zinc contributes to the maintenance of normal testosterone levels in the blood<sup>7</sup> Zinc contributes to the protection of cells from oxidative stress<sup>8</sup> Zinc contributes to normal acid-base metabolism<sup>9</sup> Zinc contributes to the maintenance of normal vision<sup>10</sup> Zinc contributes to normal protein synthesis and DNA synthesis