

ZINC & FISH OIL

Important information about Zinc:

Zinc is an essential trace element for humans, and there is evidence that it acts in a similar way to antibiotics in improving the condition of inflamed acne. While the exact, most effective dosage is not clear, most studies indicate 50-100mg is optimal. We advise that you not take any more than 60 mg because excessive zinc may lead to deficiencies in other vitamins and minerals.

We recommend OptiZinc in particular because it contains copper, a mineral that can be depleted by zinc supplements. Also, many zinc supplements can upset your stomach, but OptiZinc is formulated to prevent nausea. Be sure to take it with food.

We also recommend that you discontinue taking zinc once you are completely clear – it's best not used as a preventative, but rather as a treatment.

If you would like more information to help you make decisions about the benefits, proper dosage and best formulation of zinc supplements, we highly recommend doing your own research on the Internet.

Instructions for taking fish oil capsules to treat your acne:

Research and anecdotal evidence suggests that those who suffer from chronic inflammatory acne may benefit from taking relatively higher doses (1000-1700mg) of purified omega-3 oils – the kind primarily present in wild ocean fish such as salmon, mackerel, cod and herring.

Omega-3 oils have anti-inflammatory properties, and, for acne sufferers, they may help regulate hormones and in addition help to shorten the intensity of breakouts. Note, however, that although there is no known toxicity associated with ingesting fish oil over long term, you should check with your physician, particularly if you have a chronic underlying illness or are pregnant.

We have chosen a high quality fish oil supplement to help with your acne. Our therapeutic quality fish oil capsules are enteric-coated to help assimilate the omega-3's in the most efficient way possible. In addition, they are formulated not to have a fishy after taste and are guaranteed burp-free.

Take 1-2 capsules with the lightest meal of the day.