Te Whatu Ora
Health New Zealand
Waitaha Canterbury

ZINC SUPPLEMENTS

What does it do?

Zinc supplements increase the amount of zinc in your body. It is also sometimes used for other conditions.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *zinc supplements* regularly as directed. You can take it with or without food.
Capsule: Take with a glass of water.
Liquid: Mix the drops with water or juice.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *zinc supplements* including:

- antacids (e.g. Mylanta®) or products containing aluminium (e.g. Alu-Tab®), calcium (e.g. Calci-Tab®), iron (e.g. Ferro-tab®) or magnesium (e.g. Chelated Magnesium®) – do not take these within two hours of *zinc supplements*
- products that also contain zinc (e.g. Centrum®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Zinc supplements are unlikely to cause any side effects. If you notice any symptoms you are concerned about, discuss them with your doctor or pharmacist.