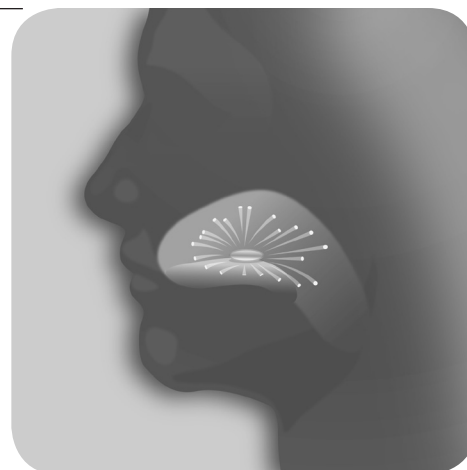

QUICK REFERENCE GUIDE: ZINC GLUCONATE FOR THE COMMON COLD

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As a Physician Assistant, you know the common cold is called “common” for a reason. This quick reference guide can help you treat your patients who see you for the common cold, and help them get well faster.

- Zinc Gluconate is a compound that, when taken in the right formulation, effectively releases zinc ions in your mouth to be absorbed into the upper respiratory system, where they interfere with the cold virus’ ability to replicate.
- Scientific theory* suggests that zinc reduces the duration of common cold symptoms by directly inhibiting rhinovirus binding and replication in the upper respiratory system.
- Studies at Dartmouth College and at the Cleveland Clinic concluded that the zinc gluconate formula used in Cold-EEZE® reduced the duration of a cold by 42% compared to placebo groups.
- In 2011, The U.S. Cochrane Center completed a comprehensive review of nearly 30 years of research on zinc for colds. After reviewing 15 studies involving more than 1,000 participants, they confirmed zinc reduces the duration of the common cold.
- Research also suggests that when it comes to zinc for colds, the zinc formulation and form of delivery are important. In a continuing education activity in *Pharmacy Times* pointed out, many zinc cold remedy makers use “chelating and flavoring agents, which may reduce the availability of ionic zinc and thus the efficacy of the product.”
- For best results, patients should start taking Cold-EEZE® zinc cold remedy as soon as they experience cold symptoms. Unlike some types of zinc cold remedy, Cold-EEZE® does not use any additives that can block the release of zinc ions. Taken promptly and as directed, Cold-EEZE® can help them get well faster.

Resources:

<http://www.coldeeze.com/about/>

[http://www.coldeeze.com/blog/Cold-EEZE\(R\)-news/review-shows-zinc-really-works](http://www.coldeeze.com/blog/Cold-EEZE(R)-news/review-shows-zinc-really-works)

<https://www.pharmacytimes.org/landing/269>

*Although the precise mechanism by which zinc ions interfere with the cold virus has not been scientifically established, the Cleveland Clinic study demonstrated that Cold-EEZE® lozenges significantly reduced the duration of the common cold.