

# CITO-ORAL JUNIOR ZINC

## **Rehydration drink with glucose, electrolytes and zinc, with sweeteners.**

The biological functions of the organism depend on the amount of mineral salts and water it contains, the quantity and proportion of both need to be within certain limits. For this reason, in physiological conditions, a dynamic balance is established between what is ingested (with food and drink) and its elimination (for example via sweat, urine and faeces).

However, there are situations in which this balance no longer exists, as the amount of water and salts that are eliminated is far superior to what it is replaced with, so the physiological conditions of the organism can be affected. In these situations it is necessary to quickly re-establish the hydro saline balance, which is achieved via the supply of mineral salts, carbohydrates and water in adequate proportions.

Among the electrolytes used in oral rehydration products, zinc is one of the electrolytes recommended by the WHO due to its properties as a determining factor in the duration and prevention of determined states of dehydration.

Zinc possesses a fundamental role in processes of growth and differentiation of cells, as a result young organisms which are growing are especially susceptible to the adverse effects provoked by a lack of zinc, as is the case with immune and gastrointestinal cells. All this means that products that contain zinc are principally indicated in situations of a lack or loss of hydration and liquids due to different causes.

### **What is cito-oral junior zinc?**

Cito-oral junior zinc is a drink that, due to its balanced composition of glucose, electrolytes and zinc allows the rapid replenishment of water and minerals the organism loses in determined physiological situations in which an excessive loss of liquid occurs, for example when vomiting or excessive faecal loss.

A significant loss of electrolytes, among which is zinc, takes place during these processes, so drinks which incorporate zinc allow the organism to recover this micronutrient, essential for the normalisation of the cellular function in multiple tissues.

### **What quantity should be taken of Cito-oral junior zinc?**

Due to its balanced composition, in physiological situations where an excessive loss of liquid exists, Cito-oral junior zinc can be taken as needed until the lost liquid is recovered or while this excessive loss continues, with a maximum of 3 500ml bottles per day, as the RDA (recommended daily amount) of zinc is 10mg/day. This should always be under supervision or with the advice of health staff.

### **Recommendations for the use of Cito-oral junior zinc:**

Cito-oral junior zinc should not be used as a substitute for a balanced diet.

Once open, discard the transparent top. Avoid possible choking, children are not allowed to play with it.

## Nutritional information:

NUTRITIONAL INFORMATION		
	100 ml	500 ml
Energy value	9,0 kcal -38,5 kJ	45 kcal -193 kJ
Proteins	< 0,20 g	<1 g
Carbohydrates	2,04 g	10,2 g
Glucose	1,44 g	7,2 g
Other mono- and disaccharides	0,018 g	0,09 g
Maltodextrine	0,58 g	2,9 g
Fat	<0,06 g	<0,25 g
Fibre	<1 g	<5 g
Sodium	0,14 g	69 g
Chloride	0,15 g	0,77 g
Potassium	0,06 g	0,4 g
Citrate	0,21 g	1,05 g
Zinc	0,67 mg	3,3 = 33% RDA*
Osmolarity	246,8 mOsm/l	

\*RDA: Recommended Dietary

### Ingredients:

Water, glucose, maltodextrine, acidulants (phosphoric acid and lactic acid), sodium citrate, sodium chloride, potassium chloride, aromas, preservatives (potassium sorbate and sodium benzoate), sweeteners (potassium acesulfame and sucrose) and zinc sulphate.

### Total net quantity

Container of 24 bottles with 330 ml.