

Supplementary Table 1: Zinc content and marketing claims of commercially available zinc-containing supplements - Multi-vitamins and minerals for children

| Product | Zinc mg/unit | Recommended daily dose | | Marketing claims |
|---------|-----------------|------------------------|-------------------|--|
| | | Age (y) | Zn (mg) | |
| A | 1.2 | 2-6 7-12 | 1.2 2.4 | Assists in healthy bone development, helps release energy from food |
| B | 5 | 2-6 7-12 | 5 10 | Helps with the metabolism of N-3s, iodine necessary for IQ development, minerals for school performance |
| C | 6 | >3 | 6 | Supports normal growth, development & wellbeing, maintains healthy immune function, assists with calcium absorption |
| D | 1 | >3 | 1 | Supplements nutritional gaps, healthy immune function, supports healthy growth & development |
| E | 1 | >3 | 1 | Aids, assists and helps with the maintenance and improvement of general health and well being |
| F | 2 | 3-7 | 2-4 | Maintains everyday immunity, extra protection when susceptible to infection, help heal boils, skin infections, cuts, burns & bruises |
| G | 2.5 | 2-4 4-8 >8 | 2.5 2.5-5 5 | Aids in growth and development, helps during physical activity where nutrients can be lost |
| H | 2 | 2-4 4-8 >8 | 2 2-4 4 | Helps children develop optimally & perform better |
| I | 6 | 2-5 6-12 | 6 12 | Immune health |
| J | 3.8 | >2 | 3.8 | Assists where there is a zinc deficiency in the diet |
| K | 0.1 | >2 | 0.1 | Healthy immune function, supports normal growth and development, maintains general wellbeing |
| L | 6 | 2-7 8-11 | 6 12 | Provides vitamins & minerals, treats vitamin deficiencies |
| M | 1.5 | 2-3 >3 | 1.5 1.5-3 | Learning, healthy brain & eyes, behaviour, nervous system, immune system |

| | | | | |
|---|-----|-------------|--------------|---|
| N | 1.5 | 2-3 >3 | 1.5 1.5-3 | Healthy brain function, behaviour, temperament, immune system, learning, eye health |
| O | 7.4 | 3-7 8-12 | 7.4 14.8 | Assists in growth and development, supports healthy eyes, assists energy production, healthy immune system function |
| P | 1 | 4-6 7-12 | 1 2 | Healthy growth and repair of body tissues, general health and wellbeing |
| Q | 1 | 4-6 7-12 | 1 2 | Healthy growth and repair of body tissues, general health and wellbeing |
| R | 0.1 | >2 | 0.1 | Contains essential micronutrients, growing kids need for good health |
| S | 0.1 | >2 | 0.1 | Improves blood nutrient levels of many vitamins & minerals, found to boost immunity, supports cognitive development, necessary building blocks for healthy & optimal growth |
| T | 2 | 3-12 | 2 | Useful during periods of rapid growth or increased nutritional requirements |
| U | 0.4 | 2-4 >4 | 0.4 0.8 | Supports a child's health & wellbeing |
| V | 3 | 1-3 4-10 | 3 6 | Nil |
| W | 8.2 | >2 | 8.2 | Nil |

Supplementary Table 2: Zinc content and marketing claims of commercially available zinc-containing supplements - Multi-vitamins and minerals for teens

| Product | Zinc mg/unit | Recommended daily dose | | Marketing claims |
|---------|-----------------|------------------------|---------|--|
| | | Age (y) | Zn (mg) | |
| A | 11 | ns | 11 | Support teenage women's nutritional needs and maintain general wellbeing |
| B | 15 | ns | 15 | Support teenage men's nutritional needs and maintain general wellbeing |
| C | 15 | >13 | 15 | Energy production, iodine for brain function, helps maintain healthy skin & bones, maintain normal development, growth & physical performance, healthy immune function |
| D | 15 | >12 | 15 | Support brain & IQ develop, support school performance, sport & exercise, mood & behaviours, skin & bones, memory & alertness |
| E | 15 | >12 | 15 | Support brain & IQ develop, support school performance, sport & exercise, mood & behaviours, skin & bones, memory & alertness |
| F | 15 | >12 | 15 | Maintain clear skin, support healthy energy levels, protect nutritional deficiencies, support immunities, supports bone health |

ns not specified

Supplementary Table 3: Zinc content and marketing claims of commercially available zinc-containing supplements - Multi-vitamins and minerals for adults

| Product | Zn mg/unit | Recommended daily dose | | Marketing claims |
|---------|---------------|------------------------|---------|--|
| | | Age (y) | Zn (mg) | |
| A | 5 | ns | 5 | Assists in the maintenance and improvement of general well-being |
| B | 9.5 | ns | 9.5 | Improves reaction speed and accuracy, decreases tiredness |
| C | 10 | ns | 10 | Keeps you on your game & combats tiredness, improves brain and nerve performance |
| D | 10 | >15 | 10 | Helps boost energy levels, supports metabolism, assists detoxification, immune health, heart health, converts food to fuel, helps with normal cognition and mood balance |
| E | 6 | >12 | 6 | Good health, energy production, immune support |
| F | 7 | >12 | 7 | Rich supply of nutrients which helps your body perform its job, supports cellular energy production and everyday health |
| G | 4 | ns | 12 | Provides vitamins & minerals during critical stages of growth, antioxidants for oxidative stress, supports immune function |
| H | 1.5 | ns | 1.5 | Assists with energy production, maintains healthy heart function, maintains memory, mood and cognition, healthy eyes, healthy skin |
| I | 15 | ns | 15 | Supports nervous system, healthy immune function, assists with energy production, maintains healthy eyes, helps calcium absorption, maintains male physiology |
| J | 5 | ns | 5 | Antioxidants, assists with glucose metabolism, maintains immunity, assists with energy production, maintains healthy skin, relieves PMS symptoms |
| K | 7.5 | ns | 7.5 | Supports daily energy, maintains healthy skin, strengthens immunity, supports healthy eyes, maintains healthy bones & heart |
| L | 14.4 | ns | 14.4 | Maintenance of general health and well-being |
| M | 5 | ns | 5 | Supports healthy growth and development |
| N | 5 | ns | 5 | Supports healthy growth and development |
| O | 2 | ns | 4 | Maintaining general well-being for times of increased dietary demand |
| P | 6 | ns | 6 | Daily dietary requirements for active women in all life stages, assists in maintaining general health and well-being |

| | | | | |
|----|-----|-------------|------------|---|
| Q | 3.6 | ns | 3.6-10.8 | Aids in the utilization and transport of food, nutrients and helps off-set malabsorption syndromes |
| R | 7 | ns | 14 | Antioxidants and immune system support |
| S | 15 | ns | 15-30 | Increases energy, brain function and memory, concentration and helps maintain healthy digestive function, maintenance of healthy skin & hair |
| T | 1.5 | ns | 1.5 | Supports health & wellbeing, healthy skin, hair & nails, supports immune function, healthy brain function, supplies antioxidants, may reduce tiredness & fatigue |
| U | 15 | ns | 15 | Assists energy production & helps maintain a healthy nervous system, assists in skin defences & repair mechanisms that reduce effects of aging, supports healthy bones |
| V | 10 | ns | 10 | Assists energy production & helps maintain a healthy nervous system, assists in skin defences & repair mechanisms that may reduces effects of aging, supports healthy bones |
| W | 5 | ns | 5 | Assists in energy production, nutritional support for the nervous system |
| X | 15 | ns | 15 | Improves general health & wellbeing, reduces breaking & splitting of nails, strengthens soft/brittle nails, maintains healthy hair and skin |
| Y | 15 | ns | 15 | Improves general well being, helps fight mental fatigue, improves stamina to aid in maintenance of normal mental and physical performance |
| Z | 15 | ns | 15 | Improves general health and wellbeing, healthy GI tract, aids digestion, improves body detox capacity |
| AA | 20 | ns | 20 | Energy and stamina |
| AB | 6 | ns | 6-12 | Supports nervous system |
| AC | 7.5 | ns | 7.5 | Energy and vitality |
| AD | 2.5 | >6 | 2.5-5 | Daily multivitamin and mineral supplement to help promote everyday health and wellbeing |
| AE | 1 | 4-12 12+ | 1-2 2-3 | Helps support immunity, energy, heart health, eye health, stress & nerves, strong bones & teeth |
| AF | 6 | ns | 6 | Assists in energy production and stamina, helps support a healthy nervous system |
| AG | 20 | ns | 20 | Maintains general wellbeing, assists with energy production and stamina. Helps support a healthy nervous system |
| AH | 20 | ns | 20 | For people with high iron levels or those who need to avoid iodine. Maintains general wellbeing |
| AI | 6 | ns | 6-12 | Ingredients which assist with prostate function. |

| | | | | |
|----|----|----|----|---|
| AJ | 5 | ns | 5 | Maintains general wellbeing, assists with energy production and stamina, helps support a healthy nervous system |
| AK | 15 | ns | 15 | Maintains general wellbeing, assists with energy production and stamina, helps support a healthy nervous system |
| AL | 5 | ns | 5 | For people with high iron levels, or those who need to avoid iodine, maintains general wellbeing |

ns not specified

Supplementary Table 4: Zinc content and marketing claims of commercially available zinc-only supplements

| Product | Zinc mg/ unit | Recommended daily dose | | Marketing claims |
|---------|------------------|------------------------|---------|--|
| | | Age (y) | Zn (mg) | |
| A | 15 | ns | 15-30 | Assists in skin & wound healing, needed for formation of collagen, connective tissue, skin, nails & hair, immune function. For men - aids in fertility & prostate health |
| B | 49.5 | >12 | 49.5 | Assists in the prevention and treatment of zinc deficiencies |
| C | 15 | >9 | 15 | Supports health immune function, protects from free radical damage, maintains normal skin, hair & nails |
| D | 20 | >12 | 20 | Highly soluble form of zinc |
| E | 25 | >12 | 25 | Assists in the management of acne, relieves minor skin disorders, maintains health skin, production of healthy sperm, maintains a healthy sperm count, maintains immune function |
| F | 25 | ns | 50 | Assists with the maintenance of healthy sperm, supports healthy prostate function, maintains healthy skin, supports healthy immune function |
| G | 22.5 | ns | 22.5 | To deliver a wide range of therapeutic applications |
| H | 45 | ns | 45 | Maintenance for normal healthy immune function |
| I | 25 | ns | 25 | Wound healing, supports normal growth and development during pregnancy, childhood and adolescence, sperm development |
| J | 20 | ns | 20 | Nil |
| K | 5.7 | ns | 5.7 | Relief of PMS symptoms, mood swings, irritability, tiredness & fatigue |
| L | 30 | ns | 30 | Nil |
| M | 11.3 | ns | 11.3 | Reduces the severity and duration of colds |
| N | 25 | ns | 25 | Relieves symptoms associated with colds and flus |

ns not specified

Supplementary Table 5: Zinc content and marketing claims of commercially available zinc-containing supplements for children

| Product | Zinc mg/ unit | Recommended daily dose | | Marketing claims |
|---------|------------------|------------------------|---------|--|
| | | Age (y) | Zn (mg) | |
| A | 5 | 2-4y | 5 | Assists in the relief of symptoms of colds & flu's |
| | | 4-7y | 5-10 | |
| | | >12 | 10 | |
| B | 1 | 2-5y | 2 | Reduces the severity and duration of colds, & ease symptoms of colds |
| | | 6-13y | 4 | |
| C | 2.5 | 2-12y | 5 | Nil |

Supplementary Table 6: Zinc content and marketing claims of commercially available zinc-containing supplements for adults

| Product | Zn mg/ unit | Recommended daily dose | | Marketing claims |
|---------|----------------|------------------------|----------------------|--|
| | | Age (y) | Zn (mg) | |
| A | 25 | ns | 75 | Assists in repairing and maintaining healthy skin and immune function |
| B | 1.2 | >12 y <12 y | 3.6 as prescribed | Supports healthy immune function, relieves mild URTIs, shortens duration & severity of colds, decreased incidence of colds |
| C | 2 | ns | 6 | Reduces the severity and duration of symptoms from colds, maintains normal immune function. May reduce the symptoms of URTIs |
| D | 2 | ns | 2 | Supports healthy immune function, assists in the incidence of cold & flu, shortens the duration of colds, decreases the severity of cold symptoms |
| E | 6.5 | ns | 13 | Reduces the severity and duration of colds & URTI |
| F | 10 | ns | 20 | Reduces the frequency, duration and severity of cold sore symptoms, heals skin lesions, assists with the skin's repair process, supports immune function |
| G | 5 | ns | 5 | Supports energy production, provides nutritional support during periods of great stress, supports mental stamina, alertness & physical performance |

ns not specified