

MAJOR MINERALS

Zinc

Zinc is an essential mineral for the human body, and it plays a vital role in various physiological processes. Zinc deficiency can lead to a range of health issues, including impaired growth, weakened immune function, delayed wound healing, and skin problems. Conversely, excessive zinc intake from supplements can be harmful and lead to toxicity. Dietary sources of zinc include meat (particularly red meat and poultry), seafood (such as oysters, crab, and lobster), dairy products, legumes (like beans and lentils), nuts, whole grains, and fortified cereals. The absorption of zinc from plant-based sources may be lower than from animal-based sources, but a balanced diet can provide adequate zinc for most people.

Some benefits include:

Immune Function

Zinc is crucial for a well-functioning immune system. It is involved in the development and function of immune cells.

Digestive Health

Zinc is involved in the structure and function of enzymes in the digestive system.

Connective Tissue Formation

Zinc is found in high concentrations in the retina of the eye. It is involved in the function of visual pigments.

Growth and Development

Zinc is especially important during periods of rapid growth, such as childhood, adolescence, and pregnancy.

RDA

Adults - 8-11 mcg per day

