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# Zinc Chelate

## WHAT IT IS:

- Highly absorbable zinc supplement

## WHY YOU NEED IT:

- Important treatment for zinc deficiency
- Necessary for healthy immune system
- Good for post-operative recovery
- Targets wound healing
- Assists patients needing healthy thyroid and insulin function

## HOW IT HELPS:

Zinc is the body's second most abundant trace mineral and is critical for healthy DNA function and protein metabolism. More than 300 human enzymes require zinc for proper function.

Zinc also plays a key role in immune function, wound healing, fertility, growth and development, behavior and learning, taste and smell, blood clotting, thyroid hormone function, and insulin action. The eye and immune system are particularly sensitive to proper zinc levels. The eye concentrates zinc more than any other organ, and healthy zinc levels are required for sustained eye health and vision. Clinical studies suggest that even a mild zinc deficiency can cause serious immune system deficits.

Zinc deficiency is characterized by growth retardation, low insulin levels, reduced levels of the anti-aging hormone – Human Growth Hormone, poor appetite, mental fatigue, irritability, low sperm count, generalized hair loss, rough and dry skin, skin lesions, slow wound healing, decreased thyroid function, delayed onset of puberty, poor sense of smell and taste, diarrhea, and nausea.

Foods naturally high in zinc include: meat, seafood, dairy products, nuts, legumes, and whole grains (such as wheat, oats, barley, rye, kamut, amaranth, and spelt).

Usual dosage: Take one to two capsules once or twice daily depending on blood zinc levels. While on zinc supplements, have your blood levels monitored regularly to adjust dosage.