

MEN'S HEALTH

The Basics of Zinc

Zinc is an essential trace mineral found in every cell in the body, however zinc is especially important for maintaining healthy skin, supporting immune function and reproductive system health.

Certain factors can affect zinc absorption such as; high alcohol intake and a diet high in phytates. Phytates are compounds found in cereal grains, nuts and legumes. Barley, bran and wheat cereals and nuts are all particularly high in phytates. Phytates bind with zinc, as well as other nutrients such as iron, impairing their absorption. It is advisable to try to take your zinc containing supplement away from meals containing large amounts of these phytate containing foods.

Skin Health

Zinc is a beneficial nutrient for the treatment of acne and other minor skin disorders, such as dermatitis. Zinc is thought to help control the bacteria and inflammation usually present in acne, as well as maintaining the general good health and integrity of the skin.

Immune Function

Zinc is involved in the function of our immune system, specifically the activity of white blood cells. Zinc is thought to be beneficial for both preventing and treating the common cold, as well as other respiratory infections

Men's Reproductive Health:

Zinc helps support the production of healthy sperm and may therefore help maintain a healthy sperm count. Zinc is also found in high concentrations in the prostate gland, helping to maintain prostate gland health.

Women's Reproductive Health:

Adequate zinc levels are important for women both during conception and pregnancy. Zinc is essential for the growth and development of babies.

Zinc Facts:

- Zinc is found in larger amounts in the body than any other trace mineral, except iron.
- The Elderly often benefit from zinc supplementation due to the immune stimulating activity of zinc, as well as improving skin health and wound healing.
- Zinc is involved in the maintenance of our smell, taste and vision senses, therefore impaired sense of smell or taste can be a symptom of zinc deficiency.
- Other possible signs of zinc deficiency include; stretch marks, ridged and/or white spotted fingernails, slow wound healing and hair loss.

