

## ZINC

Zinc is a critical mineral and one of the most important trace elements.

Over 200 enzyme systems require zinc and it is an essential part of immune function. Regulating inflammation, skin and wound healing, cardiovascular function, mineral absorption, body temperature control, and fertility. It is also important to the senses of taste and smell.

### Symptoms of Zinc Deficiency:

Loss of appetite	Allergies
Growth retardation	Menstrual Problems
Diarrhea	Slow wound healing
Tremor	Loss of taste
Hair loss	Loss of smell
Dandruff	Dyslexia
Dry skin rash	Menopause problems
White fingernail spots	Poor night vision
Light sensitivity	Depression
Hyperactivity	Sleep problems
Reduced fertility	Loss of sex drive
Autoimmune disease	Inflammatory conditions

### Zinc Taste Test Interpretations:

1. Highly Deficient      Tasteless, like water
2. Borderline              Slightly dry, mineral, furry, or sweet taste develops after a few seconds.
3. Good                      Definite taste that intensifies with time.
4. Optimal                    Strong unpleasant taste noticed immediately.

### Recommendations:

#### Food Sources of Zinc:

Pumpkin seeds	Legumes	Red Meat
Oysters	Nuts (especially cashews and almonds)	

#### Supplements:

- Apex Brand Zinc-Zyme (1 capsule per day)
- Standard Process Brand Zinc Liver Chelate
- Standard Process Brand Chezyn
- Standard Process Brand Trace Minerals-B12