

zinc could be key to living  
a long, healthy life

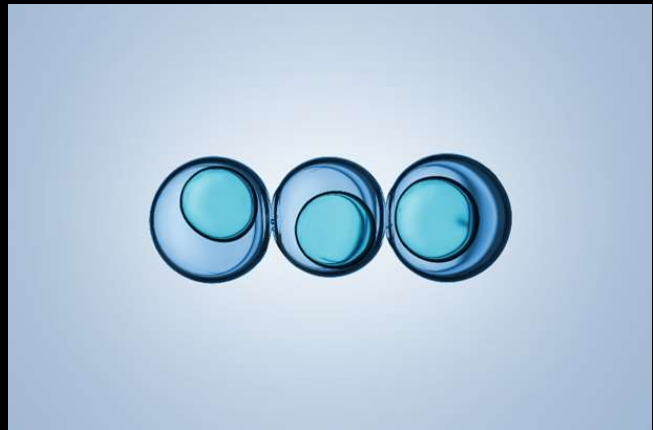
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# ZINC IN EVERY CELL

Zinc is an essential nutrient: it's a mineral the body can't produce, so it must be obtained through food or supplements. Zinc is present in every cell in the body. It is of critical importance for the activity of over 300 enzymes that each play a role in a person's digestion, metabolism, and growth. It is vital for healthy skin and proper functioning of the immune system.

Zinc is present in many foods, but certain conditions may still lead to a zinc deficiency. Chronic gastrointestinal or kidney diseases may result in a shortage of zinc, as can anorexia, bulimia, and alcohol use disorders. Breastfeeding or certain diets (vegan and vegetarian) may lead to deficiencies. Symptoms of mild zinc deficiency include thinning hair, dry skin, slow wound healing, diarrhea, and decreased immunity.

Optimizing immune function is key to living a long, healthy life. Zinc acts as an antioxidant, protecting cells against DNA damage, and is vital for the immune system. One of the easiest forms of zinc that humans can absorb is Zinc Picolinate. Due to the easy absorption, Zinc Picolinate requires lower dosages and if taken properly, does not have known negative side effects. This makes Zinc Picolinate an ideal choice for zinc consumption.



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