

Surpr!singly ZINC!

Dietary Sources of Zinc & their Average Zinc Content (mg/100g)

Oysters	25
Meat (especially red meat)	5.2
Nuts	3
Poultry	1.5
Eggs	1.3
Milk products	1.2
Cereals	1
Bread	1
Fish	0.8
Sugars & preserves	0.6
Canned vegetables	0.4
Green vegetables	0.4
Potatoes	0.3
Fresh Fruits	0.09



For more information on Zinc and its importance to you and your health, visit:
www.zinc-health.org

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What if we don't get enough zinc?

Zinc deficiency is a serious problem in many developing countries. Lack of zinc is ranked as the 5th leading risk factor in causing disease, especially diarrhea and pneumonia in children, which can lead to high mortality rates in these under-developed regions.



Zinc supplementation and fortification programs could help overcome these problems as well as help growth among stunted children, another phenomenon associated with severe zinc deficiency.



In industrialized countries mild zinc deficiency symptoms such as white spots on finger nails, rough skin and dull looking hair can often be corrected by supplying the body with the right amount of zinc each day.



What are other benefits of zinc?



Zinc is a highly useful metal that is used in automobiles, appliances, electronics, housing, construction and compounds. Zinc provides a

protective coating for steel; it is mixed with copper to form brass; and it is used in many die cast components.



Zinc sheet is used in architectural applications and zinc oxide is used in pharmaceuticals, cosmetics and rubber.



What is one of the most essential elements ...vital to our health?



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Zinc helps keep us going... and enjoying our healthy, active lifestyles! Among all the vitamins and minerals, zinc shows the strongest effect on our all-important immune system.

Zinc has proven effective in helping fight infections and can even reduce the duration and severity of the common cold.

...and more....

Zinc enhances our memory and thinking by interacting with other chemicals to send messages to the sensory brain center. Zinc can also reduce fatigue and mood swings. Zinc is vital for taste and smell, it is needed for the renewal of skin cells and helps keep our hair and nails healthy. We use zinc in shampoo



and sunblock products. Zinc creams are used for babies and to heal cuts and wounds.

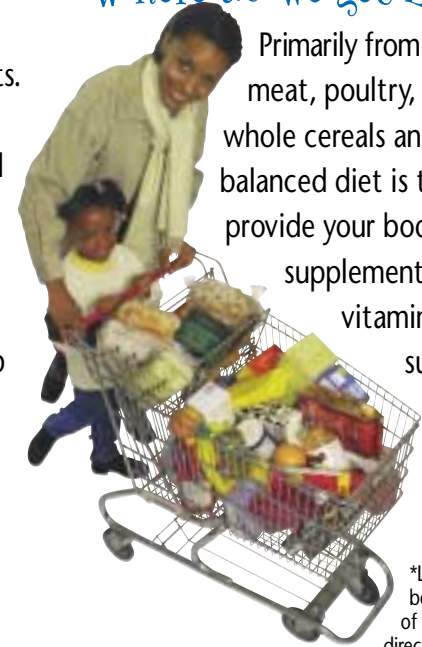
Zinc also plays a vital role in fertility. In females, zinc can help treat menstrual problems and alleviate symptoms associated with pre-menstrual syndrome. In males, zinc protects the prostate gland and helps maintain sperm count and mobility.

Who needs zinc?

Everyone does - especially growing infants, children and adolescents, pregnant women and the elderly. Children need zinc to grow, adults need zinc for health!



Where do we get zinc from?



Primarily from our food - especially meat, poultry, fish and seafood, whole cereals and dairy products. A balanced diet is the best way to provide your body with zinc. A zinc supplement or a daily multi-vitamin/multi-mineral supplement may be taken if your nutritional zinc intake is insufficient.*

*Large doses of zinc should not be taken over a prolonged period of time without your physician's direction.

How much zinc do we need?

Our body regularly needs to be fed with zinc. Recommended daily intakes are 5 mg for infants, 10 mg for children, 12 mg for women, 15 mg for men. Pregnant women and lactating mothers require more zinc to ensure optimal development of the fetus and newborn baby.



That's right... surprisingly... zinc! It's one of nature's most vital, essential elements. Rarely seen, seldom talked about... zinc ...

.....essential to good health. Humans, animals, plants and even the smallest micro-organisms need zinc to function.



Why is zinc vital to health?

There is no life without zinc. Zinc is found in all parts of our body; it is in our organs, tissues, bones, fluids and cells. Because zinc is used to generate cells, it is especially important during pregnancy, for the growing fetus whose cells are rapidly dividing. And zinc is vital in activating growth (height, weight and bone development) in infants, children and teenagers.

