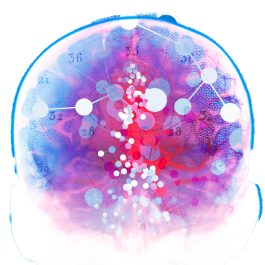


Zn

ZINC DEFICIENCY

Brain



- Depression
- Impaired memory
- Decreased cognitive function
- Slurred speech

Neurosensory Disorders



TASTE

HEARING

SMELL

VISION

- Macular degeneration
- Impaired taste
- Impaired sense of smell
- Impaired night vision

Skin + Hair



- Skin lesions
- Impaired wound healing
- Alopecia
- Acne

Reproductive System



- Infertility
- Underdeveloped genitals
- Hypogonadism

Systemic Symptoms



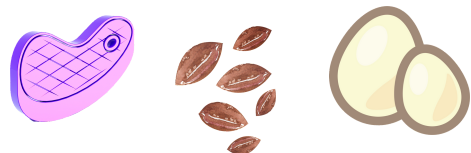
- Growth retardation
- Immune dysfunction
- Infection
- Anorexia

Ideal Zinc Levels



- RBC Zinc blood test
- Optimal plasma zinc is 90-150 mcg/dl.

Foods High in Zinc



- Eggs
- Dark chocolate
- Oysters
- Red meat
- Poultry
- Nuts

Foods that Inhibit Zinc Absorption

- High phytate foods (grains and legumes inhibit the absorption of zinc)

ZINC Excess



An excess of zinc can lead to zinc toxicity. Symptoms include:

- Acute kidney disease
- Abdominal pain, nausea, diarrhea
- Copper deficiency