

Zinc is an essential trace mineral important to many functions of human health. It plays a role in maintaining cellular metabolism and gene expression. Zinc is critical to a diverse group of physiological processes, such as immune function, insulin signaling, tissue repair, vision and neuro-transmission. It is second only to iron in worldwide incidence of deficiency, impacting 2 billion people in developing nations. Due to the wide range of functions regulated by zinc, deficiency, or even marginal deficiency, can have serious health implications.

Zinc is fundamental to the activity of over 100 enzymes and supports immune function, protein synthesis, tissue growth, DNA synthesis and cell division. During pregnancy, infancy and childhood, the body needs zinc for proper growth and development. Zinc also helps tissue repair and is important for adequate functioning of the senses of taste and smell. Daily intake of zinc is necessary to maintain adequate levels within the body because the body has no specialized zinc storage system.

Immune Function

Mild to moderate zinc deficiency impacts immune function by slowing down the activity of macrophages, neutrophils, natural killer cells, and complement activity. Individuals with low zinc levels have shown below-normal immune activity that can be corrected by zinc supplementation. Low zinc status has been associated with increased risk of immune challenges that benefit from improving zinc levels.

Tissue Growth

Zinc plays a role in maintaining the integrity of skin and mucosal membranes. Patients with skin weakness have been observed to have abnormal zinc metabolism and low serum zinc levels. Many clinicians have used zinc to benefit patients with thin, fragile skin.

Eye Health

Researchers have demonstrated that both zinc and antioxidants support eye health in those with age-related loss of visual acuity and general visual decline, by preventing free radical cellular damage in the retina.

I prefer taking zinc only when I feel I am getting sick or my immune system needs a boost. Zinc 7.5mg 1 ml twice daily in the dropper bottle is better absorbed and assimilated in the body and starts to work faster. Non GMO and organic, no toxic fillers/additives makes this a safe choice. Best of all, Global Healing manufacture their products in the USA.