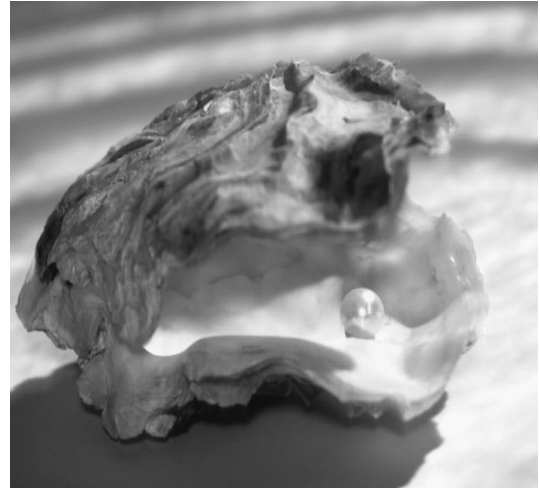


# zinc

**Zinc** plays many roles when it comes to keeping our body healthy. Zinc is required to assist our appetite as well as our senses of smell and taste. It also helps to fight infections, improve immunity, maintain healthy nails, skin and hair, helps tissue growth and repair and helps with fertility.

**Zinc** is a trace mineral that is essential for our body. Our muscles, bones, skin, liver and pancreas all need zinc to maintain their functions. Zinc is a mineral that is provided to our body through the consumption of food such as meat, eggs, seafood, tofu, seeds and nuts.



The recommended dietary intake for zinc is as follows;

Males 11 years and older	12 mg
Females 11 years and older	12 mg
Pregnant women	16 mg
Children 1 to 10 years old	9 mg

Good food sources for zinc (per 100grams)

Oysters	65.6 mg
Sunflower seeds	6.5 mg
Beef	5.6 mg
Eggs	2.4 mg
Tahini	5.2 mg

Signs that you may have a zinc deficiency include a loss of taste, smell and appetite, poor growth and wound healing, reduced libido, late onset of puberty, dry flaky skin, dandruff and increased susceptibility to infection. It is recommended that you speak to your doctor or naturopath if you feel you may have a zinc deficiency. Please note - Zinc supplements can react with other medications that you may be taking.