



# Zn-Zyme And Zn-Zyme Forte

## Supplemental Zinc

Zinc is an essential mineral which is found in nearly every type of cell. It is known to stimulate the activity of approx. 100 different enzymes and subsequent biochemical reactions, including apoptosis, hormone release, and nerve impulse transmission. Zinc's role in healthy immune function has long been recognized, since it is crucial for the activation of T-lymphocytes. Zinc additionally supports normal growth and development during pregnancy, childhood, and adolescence and is needed for wound healing and DNA synthesis. While found in a wide variety of foods, albeit in very small amounts, most natural zinc in the Standard American Diet (SAD) comes from red meat and dark poultry meat consumption.

Therefore, diets lacking in these meat sources may subject the individual to zinc deficiency. Zinc deficiency tends to be relatively common in elderly or diabetic individuals. Zinc deficiency has also been associated with hypochlorhydria, excessive copper intake, excessive alcohol intake, and with digestive malfunction. Phytates, compounds found in whole grain breads, cereals, legumes, and other vegetable products, can inhibit zinc absorption and for this reason, vegetarians may require 50% more zinc than non-vegetarians. Known signs of zinc deficiency include poor wound healing, hair loss,

premature graying of hair, diarrhea, loss of appetite, taste abnormalities, skin rashes, corneal clouding, and altered libido or mood and susceptibility to frequent infections due to impaired immune function. Zinc loss may be precipitated by certain antibiotics, specifically tetracyclines and quinolones, anticonvulsant drugs, and diuretic use.

Each tablet of Zn-Zyme contains 15 mg of organically combined zinc. If higher levels of zinc supplementation are desired, Zn-Zyme Forte will supply 25 mg of organically combined zinc per tablet. It is often advised to take zinc away from high or excessive levels of iron, copper, and calcium. Furthermore, it is usually preferable to take zinc with meals as it is synergistic with folic acid, vitamin A, magnesium, chromium, and essential fatty acids, which are inherently more likely to be present in a well rounded meal. Contact your Biotics representative for information on how to perform a simple "Zinc Taste Test" to determine zinc status and need.



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