

ZINC AND WINTER IMMUNITY

Why you need it and where you can get it from

WHAT IS ZINC?

Zinc is a trace element required through diet. It is not stored in the body efficiently, so a daily intake is required to maintain optimal levels.

WHAT IS IT REQUIRED FOR IN THE BODY?

Zinc is required for many enzyme reactions in the body, and is vital for:

- Immune function
- Protein production
- Wound healing
- DNA production
- Cell division and repair
- Hormone regulation
- Production of stomach acid
- Proper taste and smell functions
- Fertility

SPOTLIGHT ON: IMMUNITY

Zinc deficiency decreases the strength of our first line defence of the immune system, and white blood cells production. This means potentially harmful bacteria or viruses are not 'attacked' as efficiently.

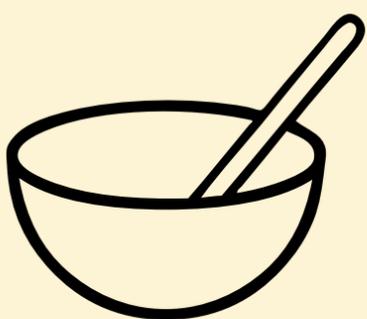
Zinc deficiency may increase inflammation, as it is required for controlling levels of inflammation in the body.

Zinc deficiency affects roughly 25% of the world's population. [2]

Zinc administered within 24 hours of onset of symptoms reduces the duration and severity of the common cold in healthy people. When supplemented for at least five months, it reduces cold incidence, school absenteeism and prescription of antibiotics in children. [3, 4]

RECOMMENDED INTAKES

Men - 9.5 mg per day
Women - 7 mg per day
Pregnant women - 12mg per day
Lactating women - 13 mg per day



EAT YOUR ZINC

Food	Serving size	Zinc (mg)
Wild eastern oysters	75g	45-59
Liver (veal)	75g	8.4-8.9
Liver	75g	3-6
Beef	75g	4-8.6
Lamb	75g	2-6.5
Pumpkin seeds	¼ cup	2.7-4.4
Baked beans, cooked	¾ cup	4.3

1. Bonaventura, P., Benedetti, G., Albarède, F. and Miossec, P., 2015. Zinc and its role in immunity and inflammation. *Autoimmunity reviews*, 14(4), pp.277-285.
2. Maret W, Sandstead HH. Zinc requirements and the risks and benefits of zinc supplementation. *J Trace Elem Med Biol* 2006;20:3-18
3. Hulisz, D., 2004. Efficacy of zinc against common cold viruses: an overview. *Journal of the American Pharmacists Association*, 44(5), pp.594-603.
4. Singh, M. and Das, R.R., 2011. Zinc for the common cold. *Cochrane Database Syst Rev*, 2.

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