
ZINC COMPLEX

Zinc has many functions in the body. Aside from being a factor in the maintenance of good health and helping prevent zinc deficiency – when provided in amounts at or above the recommended daily allowance (RDA) of 15 mg per day – it has several other specific claims.

First of all, it helps in connective tissue formation. Studies have shown that there's a reduction in collagen synthesis and strength, as well as impaired healing, with zinc deficiencies.

Secondly, because zinc is closely involved in protein synthesis and collagen formation in your body, it's important for maintaining healthy skin. Most people are familiar with the topical use of zinc oxide ointment to treat diaper rash, and with calamine lotion (a mixture of zinc and iron oxides) to treat poison ivy rashes and other skin ailments, but it's not as well known that taking an oral zinc supplement can help maintain healthy skin from the inside.

Thirdly, zinc plays a role in more than 200 different metalloenzymes in the body that play important roles in the metabolism of proteins, carbohydrates, lipids, and nucleic acids (the genetic material of cells). It's a component of insulin, one of the hormones that controls carbohydrate metabolism and is necessary for a normal rate of growth, development of the reproductive organs, normal function of the prostate gland, and healing of wounds and burns.

Finally, zinc helps maintain immune function. Zinc deficiency in humans decreases the activity of serum thymulin, a hormone required for maturation of T-helper cells.

Males above the age of 14 are recommended to have an intake of 11 mg per day, while females above the age of 19 should have 8 mg per day. Each Shaklee **Zinc Complex** tablet supplies 15 mg of zinc from zinc gluconate, an organic form of zinc that's better absorbed than inorganic sources such as zinc oxide or zinc sulphate.