zinc

4/20/2024

608-238-6001 [TEL]

greg@cruisingreview.com [Email]

Cruising Review

Zinc: Publications and Research from SwissMixIt

This webpage QR code

Structured Data


```
<script type= "application/ld+json">
{"@context":"http://schema.org",
"@graph":[
{
"@type" : "Organization",
"@id" : "https://cruisingreview.com/#organization",
"name" : "Cruising Review",
"url" : "https://cruisingreview.com",
"sameAs":
["https://www.youtube.com/channel/UC7gOvLwcxt8MtYt3ExzAZJQ",
"https://www.instagram.com/pepe.g6"],
"telephone" : "608-238-6001",
"email" : "greg@cruisingreview.com",
"logo" : "https://cruisingreview.com/logo.png"
},
{
"@type":"WebSite",
"@id":"https://cruisingreview.com",
"url":"https://cruisingreview.com",
"name":"Zinc: Publications and Research from SwissMixIt ",
"description":"Zinc"
}
,{
"@type":"NewsArticle",
"mainEntityOfPage":{
"@type":"WebPage",
"@id":"https://cruisingreview.com/smx/zinc.html"},
"headline":"Zinc: Publications and Research from SwissMixIt ",
"image":"https://cruisingreview.com/images/",
"datePublished":"2024-04-20T08:00:00+08:00",
"dateModified":"2024-04-20T09:20:00+08:00",
"author":{
"@type":"Organization",
"name":"Cruising Review",
"url":"https://cruisingreview.com"
},
"publisher":{
"@type":"Organization",
"name":"Cruising Review",
"logo":{
"@type":"ImageObject",
"url":"https://cruisingreview.com/logo.png"
}}}


]}</script>
```


Zinc

PDF Version of the webpage (first pages)

Zinc Botanical Information

Zinc is a nutrient that people need to stay healthy. Zinc is found in cells throughout the body. It helps the immune system fight off invading bacteria and viruses. The body also needs zinc to make proteins and DNA, the genetic material in all cells. During pregnancy, infancy, and childhood, the body needs zinc to grow and develop properly. Zinc also helps wounds heal and is important for proper senses of taste and smell.
Zinc is an essential micronutrient for human metabolism that catalyzes more than 100 enzymes, facilitates protein folding, and helps regulate gene expression.
Zinc is a mineral that plays a vital role in many biological processes and plays an important role in insulin action and carbohydrate metabolism. It may also have a protective role in the prevention of atherogenesis. Numerous studies have evaluated the effects of Zinc supplementation on serum lipids in humans and have demonstrated varying results.

4/20/2024