zinc-by-cruising-review

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Cruising Review

Zinc health series by Cruising Review to enhance and protect health before, while, and after traveling.

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Discover the health benefits of zinc, the best forms for optimal absorption, and its applications in tea and body lotions. Enhance your wellness journey with this essential mineral.

PDF Version of the webpage (first pages)

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Zinc: The Essential Mineral for Your Health Journey

Zinc is a trace mineral that plays a vital role in many aspects of human health. Integral to immune function, DNA synthesis, and cellular metabolism, zinc's benefits are broad and scientifically well-documented. However, not all forms of zinc are created equal in terms of absorption and effectiveness. This article explores the myriad benefits of zinc, identifies the best forms for optimal absorption, and examines its unique uses in tea and body lotion.

The Multifaceted Benefits of Zinc

- Immune System Support: Zinc is crucial for the maintenance and development of immune cells. Supplementing with zinc can reduce the duration of the common cold and act as a gatekeeper against infections.
- Wound Healing: Zinc plays a role in maintaining skin integrity and structure. Patients with chronic wounds or ulcers often have lower zinc levels, and supplementation can accelerate wound healing.
- Reduced Risk of Age-Related Diseases: Zinc can significantly reduce the risk of age-related diseases, such as pneumonia, infection, and age-related macular degeneration (AMD).
- Fertility and Reproductive Health: Zinc is essential for both male and female fertility. For men, zinc supplementation has been shown to improve sperm quality.

Optimizing Zinc Absorption

The bioavailability of zinc varies depending on its form. Here are some of the best forms of zinc for optimal absorption:

- Zinc Picolinate: Studies suggest that zinc picolinate is better absorbed by the body than other forms of zinc, making it a preferred choice for supplementation.
- Zinc Citrate: This form of zinc is absorbed well by the body and has a more pleasant taste than zinc sulfate, making it a good option for oral supplements.
- Zinc Glycinate: Known for its superior absorption and gentleness on the stomach, zinc glycinate is an excellent choice for those with sensitive digestive systems.

To further enhance zinc absorption, it's advisable to consume it with a source of protein and to be mindful of phytates in some plant foods that can bind zinc and inhibit its absorption.

Zinc in Tea and Body Lotion

- Zinc in Tea: While less common, some herbal teas can contain trace amounts of zinc, especially those made with zinc-rich herbs. However, relying on tea alone for significant zinc intake is not recommended due to its minimal zinc content.
- Zinc in Body Lotion: Zinc is often found in topical products for its protective and healing properties. Zinc oxide, for example, is a common ingredient in sunscreen and diaper rash creams due to its ability to protect the skin from UV light and soothe inflammation.

Conclusion

Zinc is an indispensable mineral that supports a multitude of bodily functions from immune health to wound healing. Choosing the right form of zinc supplement can make a significant difference in how well zinc is absorbed and utilized by your body. While zinc's presence in tea might contribute minimally to its intake, its application in body lotions can offer topical benefits, making zinc a versatile element in both dietary and skincare regimes.

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Zinc

ZINC :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.

Keywords: Zinc absorption, zinc bio-availability, zinc deficiency, zinc intervention, zinc nutrition, zinc requirement, zinc, intestinal absorption, zinc homeostasis, zinc bioavailability, zinc uptake, in vitro intestinal model, Caco-2, intestinal, Aging, Epigenetics, Immunity, Inflammation, zinc, iron, epigallocatechin-3-gallate (EGCG), grape seed extract, green tea extract, Caco-2 cells, cancer chemotherapy, Clioquinol, prostate cancer, zinc, zinc, ionophore, ZIP transport Summary of Abstracts: Zinc and its importance for human health: An integrative review Since its first discovery in an Iranian male in 1961, zinc deficiency in humans is now known to be an important malnutrition problem world-wide. It is more prevalent in areas of high cereal and low animal food consumption. The diet may not necessarily be low in zinc, but its bio-availability plays a major role in its absorption. Phytic acid is the main known inhibitor of zinc. Compared to adults, infants, children, adolescents, pregnant, and lactating women have increased requirements for zinc and thus, are at increased risk of zinc depletion. Zinc deficiency during growth periods results in growth failure. Epidermal, gastrointestinal, central nervous, immune, skeletal, and reproductive systems are the organs most affected clinically by zinc deficiency. Clinical diagnosis of marginal Zn deficiency in humans remains problematic. So far, blood plasma/serum zinc concentration, dietary intake, and stunting prevalence are the best known indicators of zinc deficiency. Four main intervention strategies for combating zinc deficiency include dietary modification/diversification, supplementation, fortification, and bio-fortification. The choice of each method depends on the availability of resources, technical feasibility, target group, and social acceptance. In this paper, we provide a review on zinc biochemical and physiological functions, metabolism including, absorption, excretion, and homeostasis, zinc bio-availability (inhibitors and enhancers), human requirement, groups at high-risk, consequences and causes of zinc deficiency, evaluation of zinc status, and prevention strategies of zinc deficiency.

Zinc: An Essential Micronutrient [Zinc is an essential micronutrient for human metabolism that catalyzes more than 100 enzymes, facilitates protein folding, and helps regulate gene expression.] Zinc is an essential micronutrient for human metabolism that catalyzes more than 100 enzymes, facilitates protein folding, and helps regulate gene expression. Patients with malnutrition, alcoholism, inflammatory bowel disease, and malabsorption syndromes are at an increased risk of zinc deficiency. Symptoms of zinc deficiency are nonspecific, including growth retardation, diarrhea, alopecia, glossitis, nail dystrophy, decreased immunity, and hypogonadism in males. In developing countries, zinc supplementation may be effective for the prevention of upper respiratory infection and diarrhea, and as an adjunct treatment for diarrhea in malnourished children. Zinc in combination with antioxidants may be modestly effective in slowing the progression of intermediate and advanced age-related macular degeneration. Zinc is an effective treatment for Wilson disease. Current data do not support zinc supplementation as effective for upper respiratory infection, wound healing, or human immunodeficiency virus. Zinc is well tolerated at recommended dosages. Adverse effects of long-term high-dose zinc use include suppressed immunity, decreased high-density lipoprotein cholesterol levels, anemia, copper deficiency, and possible genitourinary complications.
A Guide to Human Zinc Absorption: General Overview and Recent Advances of In Vitro Intestinal Models

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