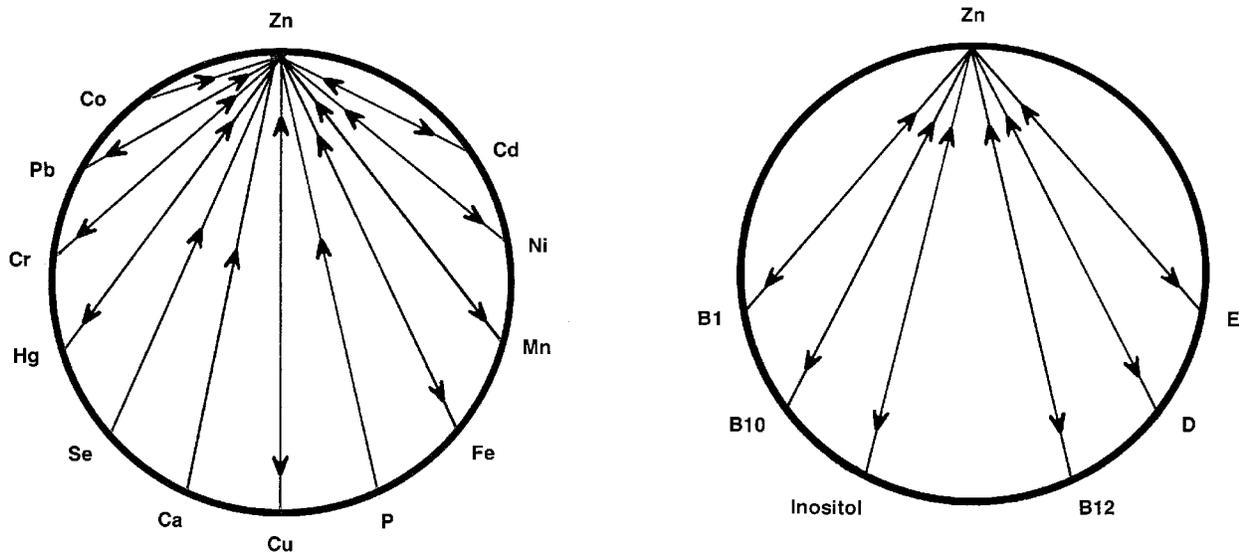


| ZINC WHEELS

Zinc is another important element that is essential for the activity of over one-hundred enzymes. Zinc is involved in immune regulation, anti-viral activities, growth and development, and perhaps its most important role is the requirement of zinc in the synthesis of RNA. The balance of zinc with other nutrients within the body is therefore critical for normal health, but assessment of this balance is critical when providing nutritional therapy.

The following graphics illustrate some of zinc's biological antagonistic relationships (arrows indicate antagonistic effect). Prolonged intake of these specific vitamins and/or minerals, singularly or in combination, can produce a zinc deficiency, especially if the nutritional or tissue zinc status is already marginal. Conversely, zinc toxicity or prolonged intake of zinc can antagonize these same specific vitamins and minerals. It should be noted that antagonism with another nutrient can occur via competition on an absorptive level (intestinal absorption) or metabolic level (cellular), producing compartmental displacement, or increasing requirements.



For Further Information, please refer to "The Nutritional Relationships of Zinc, Watts, D.L., **Journal Of Orthomolecular Medicine**, 3, 3, 1988

Trace Elements has pioneered the recognition of nutritional interrelationships, and specializes in evaluating individual nutritional requirements through hair tissue mineral profiles.