

Liquid Zinc

Infallibly Absorbed Liquid Zinc In The Sulfate Septahydrate Form

- Other forms of zinc can be difficult to absorb
- The second most abundant trace element in the body
(found in every tissue and tissue fluid)
- A common mineral deficiency, often over-looked
- Plays a key role in the immune system and brain function



Zinc Is Critically Needed In:

- Hyperactivity
- Impaired Adrenal Function
- Eating Disorders *(such as bulimia, anorexia)*
- Slow Wound Healing
- Irritable Bowel Syndrome

**Try The Zinc
Taste Test**

A) If you have sufficient zinc levels, our liquid zinc will taste bitter.

B) If you are deficient in zinc, our liquid zinc will taste like water.

ZINC IS ESSENTIAL FOR LIFE. Zinc holds the center position in healthy RNA and DNA. If zinc is deficient, cadmium takes its place, which may lead to tumor forms of cancer. Everyone is vulnerable, especially children through adolescence.

ZINC DEFICIENCY SYMPTOMS:

- **Slow wound healing**
- **Taste and smell disorders**
- **Impaired growth and sexual development**
- **Hyperactivity**
- **Impaired adrenal function**
- **Skin disorders**
- **Irritable bowel syndrome**
- **Iron nonresponsive anemia**
(especially in African-Americans)
- **Pica** *(eating dirt)*
- **Eating Disorders**
(such as anorexia, bulimia)

Rampant Zinc Deficiency

Zinc is the second most abundant trace mineral in the human body, and is found in every bodily tissue and tissue fluid. Biochemical functions in which zinc plays an integral role include enzyme function, protein synthesis, nucleic acid metabolism, the immune system, brain function and development and adrenal function. Scientific studies demonstrate enormous depletion of zinc and other minerals in our soils (over 80%), resulting in drastically lowered levels of zinc in our food supply.

Zinc and Poor Smell and Taste

Chronic or acute zinc deficiency may be linked with lowered or absent ability to adequately taste or smell. Many studies have shown improvement in the ability to taste and smell following zinc administration.¹ Zinc absorption can be inhibited due to a flattening of the villi in the small intestine when zinc is deficient.²

Zinc and Mood Swings

In animal studies, zinc deficiency produced significant behavioral changes such as aggression.³ In human studies, zinc deficiency created anxiety and mood disturbances as well as depression. Prompt relief of their depression followed zinc supplementation.^{4,5}

Zinc and Food Disorders

Since zinc is a key factor in appetite regulation, it is directly involved in anorexia and bulimia. Recent medical research points to many cases of anorexics (who are obsessively fearful of becoming fat to the point of starvation) and bulimics (characterized by cycles of "binging and purging") as being caused by severe zinc deficiency.⁶ Bulimics typically consume food high in carbohydrate content and low in zinc with an altered phytate-to-zinc ratio, placing the bulimic at high risk of zinc deficiency.⁷ Many recalcitrant cases have completely cleared within 6 weeks with proper nutritional protocols which included highly absorbable, liquid zinc.

Zinc and Obesity

Recent studies suggest the importance of nutrients in obesity, especially zinc. Some studies reported that adults with a history of the "yo-yo" syndrome (alternately losing, then gaining weight) were significantly helped with zinc supplementation.⁸ In one study, zinc levels in obese and overweight subjects were inversely related to their

body mass index, suggesting zinc's important role in the development of obesity. In general, the higher the body mass index, the lower the zinc level.⁹

Zinc, Infection and Stress

Zinc is essential for a healthy immune system. Parasite infections (which often go undiagnosed), candidiasis and other infections greatly increase nutritional requirements, especially zinc, for healing and recovery. With acute or chronic infections, a person's zinc levels may be significantly lowered. During stress episodes or infections, the adrenal glands may become unduly stressed. Since zinc plays an important role at adrenal hormone receptor sites, lowered zinc levels can mean poorer adrenal function and lowered ability to respond to stress.¹⁰

The Zinc Taste Test

To determine zinc deficiency, a simple taste test (reported in the medical journal, *Lancet*) helps designate those who may respond favorably to zinc supplementation. The TEST: The subject should refrain from eating, drinking or smoking for at least one hour before the test, then is asked to place about 1 tsp. of zinc sulfate septahydrate in the mouth for 10 seconds, then swallow. After 30 seconds, the responses will fall into 4 categories: 1) tasteless or "like water" 2) slowly developing dry, mineral-like taste, "furry" or sweet 3) immediate unpleasant taste which intensifies over time 4) strong immediate unpleasant taste (may last up to 30 minutes). Category 1 or 2 suggests the subject will benefit from zinc supplementation.

The Best Answer

Zinc and other nutrients are most commonly transported into the blood via the villi of the small intestine; however, with the flattening of the villi, it becomes necessary to give zinc-deficient individuals a form of zinc that can be better absorbed. Zinc sulfate septahydrate, in the liquid form, helps overcome this problem, since it can be efficiently absorbed through the lining of the stomach. Other forms of zinc can be very difficult to absorb in compromised individuals.

Zinc Dosage

The therapeutic dose of liquid zinc for both adults and children for rapid repletion is 10cc. or 2 teaspoons three times per day for up to 18 days. A typical maintenance dose is 2 teaspoons once per day.

References

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