

## KYCK Evidence Summary on Zinc

### Executive Summary of Therapeutic Indications

1. **General Health (ZINC 1):** Supports overall health, antioxidant activity, tissue repair, eye health, and growth/development. Recommended dosage: 8-11 mg.
2. **Gastrointestinal System (ZINC 2):** Maintains smell and taste sensations. Same dosage.
3. **Immune System (ZINC 3):** Supports immune system health and function. Same dosage.
4. **Nervous System (ZINC 4):** Supports nervous system health and function. Same dosage.
5. **Nutrition (ZINC 5):** Maintains zinc levels and aids metabolism. Same dosage.
6. **Reproductive System (ZINC 6):** Supports female reproductive health and menstrual cycles. Same dosage.
7. **Skin Health (ZINC 7):** Promotes skin integrity and wound healing. Same dosage.

### Evidence Summary for Scientific Indications

#### *Indication 1: Maintain/Support General Health and Wellbeing*

- **Dosage:** 8-11 mg.
- **Functions:**
  - Essential for immune function, tissue repair, and antioxidant activity.
  - Supports the health of hair, skin, and nails.
- **Clinical Applications:**
  - Zinc is crucial for over 300 enzymes involved in various biological processes, including immune response and metabolism.

#### *Indication 2: Maintain/Support Smell and Taste Sensation*

- **Dosage:** 8-11 mg.
- **Functions:**
  - Necessary for sensory perceptions, including taste and smell.
  - Zinc deficiency can lead to impaired taste and smell.

#### *Indication 3: Maintain/Support Immune System Health*

- **Dosage:** 8-11 mg.
- **Functions:**
  - Critical for immune function, including T-cell development and function.
  - Zinc deficiency can significantly impair immune responses.

*Indication 4: Maintain/Support Nervous System Health*

- **Dosage:** 8-11 mg.
- **Functions:**
  - Found predominantly in the brain, influencing synaptic transmission and communication between neurons.

*Indication 5: Maintain/Support Zinc Levels in the Body*

- **Dosage:** 8-11 mg.
- **Functions:**
  - Essential for protein synthesis and cellular metabolism.
  - Helps prevent zinc deficiency, which can lead to growth retardation and other health issues.

*Indication 6: Maintain/Support Female Reproductive System Health*

- **Dosage:** 8-11 mg.
- **Functions:**
  - Necessary for the maturation of sperm, ovulation, and overall reproductive health.
  - Zinc plays a role in fetal growth and development.

*Indication 7: Maintain/Support Skin Health*

- **Dosage:** 8-11 mg.
- **Functions:**
  - Supports wound healing and skin integrity.
  - Oral zinc has been shown to improve acne and reduce skin sebum secretion.

## **Conclusion**

Zinc is a vital trace element that plays crucial roles in various bodily functions, including immune response, wound healing, growth, and sensory perception. Adequate zinc intake is essential to prevent deficiency and maintain overall health.

## **Quality of Evidence**

The claims are backed by extensive clinical studies and health monographs, highlighting zinc's importance in dietary health and its therapeutic applications.