



DIETARY SUPPLEMENT FACT SHEET

<http://chppm-www.apgea.army.mil/dhpw/Wellness.aspx>

Zinc (Zn)

Also known as: Zinc Acetate, Zinc Acexamate, Zinc Aspartate, Zinc Citrate, Zinc Gluconate, Zinc Methionine, Zinc Monomethionine, Zinc Oxide, Zinc Picolinate, Zinc Sulfate

Historical Perspective: Zinc is a naturally occurring metallic element.

Common Uses: Used for treatment and prevention of zinc deficiency. Also used for treatment for the common cold, recurrent ear infection and preventing acute lower respiratory infections.

Potential Side Effects: Nausea, vomiting, diarrhea and mouth discomfort with lozenge dose. Concern that high daily doses above the upper intake level (UL) of 40mg per day might increase the risk of copper deficiency and result in anemia.

Food-Drug-Supplement Interactions:

- 1) Coffee: concomitant use may decrease zinc absorption
- 2) Copper: concomitant use may impair copper absorption
- 3) Always check with your physician or pharmacist when taking the following drugs; Captopril (Capoten), Chlorthalidone (Hygroton), Cisplatin (Platinol-AQ), Fluoroquinolones, Interferon Alfa-2B (Intron A), Penicillamin (Cuprimine), Tetracyclines, Thiazide diuretics

Contraindications to Use: Contraindicated in people who are homozygous for hemochromatosis. (hemochromatosis is a metabolic disorder involving the deposition of iron-containing pigments in the tissues and is characterized by bronzing of the skin, diabetes, and weakness) HIV infected persons use with caution, as there is some evidence that suggests an association between higher intakes of zinc and reduced survival times. Large doses over long periods of time can weaken your immune system and decrease high density lipoprotein cholesterol.

Research Data on Safety and Efficacy: Not all studies have showed positive results, or have inconclusive results. It is likely that supplementation may decrease the duration and symptoms of the common cold. Experimental groups experienced significantly more adverse effects including bad taste, nausea, diarrhea, and mouth discomfort. Products containing flavoring agents such as citric acid, mannitol, or sorbitol might decrease effectiveness and should be avoided.

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Bottom-Line: Zinc is safe in amounts that do not exceed 40 mg per day. However, routine zinc supplementation is not recommended.

References:

1. Annals of Internal Medicine 125: 81, 1996.
2. American Dietetic Association Complete Food and Nutrition Guide, 2nd Edition. Roberta Larson Duyff, 2002.
3. Natural Medicines comprehensive database 5th edition, 2003.
4. The Health Professional's Guide to Popular Dietary Supplements, 2nd Edition. Allison Sarubin Fragakis, MS, RD, The American Dietetic Association. 2003.