

Zinc– An Essential Mineral

You know what brass looks like, with its bright, old-like appearance. You probably know trumpets and some door knobs are made of it; but did you know that brass is made up of a combination of zinc and copper?

Well that same zinc also plays a crucial role in supporting our immune system and wound–healing process.

An essential trace mineral, Zinc is found naturally in many foods, including oysters, red meat, poultry, nuts, beans, whole grains and dairy product.

Zinc plays an important role in many enzymatic functions. Found primarily in the kidneys, liver, pancreas, and brain, Zinc also helps support healthy immune system functions and is an important component of bodily antioxidant systems.

As with any vitamin or mineral, it is best to know how much your body is taking in through your diet. If you aren't getting enough Zinc from your diet, Hazle Drug's brand of Zinc 50 mg potency is formed by the bonding of Zinc with Picolinic Acid. This special form of Zinc has been used because it is better absorbed than many other forms. Zinc can be taken as a dietary supplement to ensure the Recommended Dietary Allowance is attained each day.

For more information on the importance of the essential mineral Zinc, please contact Certified Clinical Nutritionist, Bill Spear, at Hazle Drugs. 1 E. Broad St., Hazleton, Pa. 18201. 570–454–2476, www.hazledrugs.com

Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal nutritional consultations at Hazle Drugs, 1 E. Broad St. Hazleton, Pa. 18201, 570–454–2476 www.hazledrugs.com