



In response to increasing demand from Practitioners, Biotics Research Corporation has developed the Weekly Practice Builder program to bring important, leading-edge information and literature to you, thereby helping facilitate the growth of your practice through improved patient outcomes. Biotics Research Corporation products are available exclusively through Healthcare Providers.

Questions? Comments? Biotics Research Corporation wants to hear from you!

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For the Health of Your Patients:

Zinc is an essential mineral which is found in nearly every type of cell. It is known to stimulate the activity of approximately 100 different enzymes and subsequent biochemical reactions, including apoptosis, hormone release, and nerve impulse transmission. Zinc's role in healthy immune function has long been recognised, since it is crucial for the activation of T-lymphocytes. Zinc additionally supports normal growth and development during pregnancy, childhood, and adolescence and is needed for wound healing and DNA synthesis. While found in a wide variety of foods, albeit in very small amounts, most natural zinc in the Standard British Diet (SBD) comes from red meat and dark poultry meat consumption. Therefore, diets lacking in these meat sources may subject the individuals to zinc deficiency. Zinc deficiency tends to be relatively common in elderly or diabetic individuals. Zinc deficiency has also been associated with hypochlorhydria, excessive copper intake, excessive alcohol intake, and with digestive malfunction. Phytates, compounds found in whole grain breads, cereals, legumes, and other vegetable products, can inhibit zinc absorption and for this reason, vegetarians may require 50% more zinc than non-vegetarians. Known signs of zinc deficiency include poor wound healing, hair loss, premature graying of hair, diarrhea, loss of appetite, taste abnormalities, skin rashes, corneal clouding, and altered libido or mood, and susceptibility to frequent infections due to impaired immune function. Zinc loss may be precipitated by certain antibiotics, specifically tetracyclines and quinolones, anticonvulsant drugs, and diuretic use.



For the Health of Your Practice:

The ability to taste zinc is directly proportional to the body's reserve of the nutrient. For this reason, performing a Zinc Taste Test with your patients is a low cost and relatively easy way of assessing gross zinc status. A person with inadequate zinc reserves will be unable to taste a zinc solution, whereas a person with normal zinc levels will find the same zinc solution to be bitter or metallic in taste. The Zinc Taste Test can easily be performed in your office in less than one minute. It is as simple as having your patient swish 1-2 tablespoons of Biotics Research's **Aqueous Zinc™** in their mouth for 30 seconds or longer. Have the patient expel the solution and have them report the taste that is left in their mouth. If the patient reports the solution was tasteless or tasted like water, then that may indicate a high need for zinc supplementation. A mild to slightly metallic taste reveals a moderate need, and a strong bitter or highly metallic taste indicates that zinc status is adequate and no supplementation is warranted at that time. Once the need for zinc supplementation is established, then recommending a concentrate zinc product such as **Zn-Zyme™** (15 mg per tablet) or **Zn-Zyme Forte™** (25 mg per tablet) is an ideal way to increase your patient's reserves.