**ZINC**

You have recently had a blood test that has shown your zinc levels are low.
Most patients with low zinc can improve their levels by looking at their diet or by using a simple off the shelf multi-vitamin. We would recommend that you review the information below and if possible try to address your low zinc through dietary changes. If you do not think this would be possible you may wish to buy a multivitamin from your local supermarket, pharmacy or health food shop.

We will arrange a repeat blood test in 6 months to check on your levels.

If your levels are significantly low then you should still follow the dietary advice below, but the GP will be in touch about starting on some prescription strength medications.

**Why do we need zinc?**

As well as many chemical reactions in our bodies, zinc is needed for:

* Our immune systems to work well to fight off infection.
* Healing of wounds.
* Growing.
* Building the proteins and molecules which are the basis of all our cells.
* Taste, smell and good vision.

**Where do we get zinc from?**

Zinc is readily available in many foods including:

* Red meat.
* Chicken and other poultry.
* Seafood, particularly oysters (which are loaded with zinc), crab and lobster.
* Nuts.
* Grains, beans, lentils and split peas.
* Spinach.
* Dairy products - milk, yoghurt, cheese.
* Fortified breakfast cereal.