

## Zinc

### Description

#### Zinc for health

For infections, zinc acetate has the best tested research. Zinc orotate & zinc gluconate may be as good. Zinc appears to reduce respiratory infection times by 50%. When a zinc ionophore is also used like elderberry, melatonin, EGCG in green tea, quercetin, & ivermectin. At least with elderberry viral infection symptoms may clear up in half a day.

For sunscreen, zinc oxide has the highest concentration at 80%. People use coconut oil or butter to spread it on the skin for its reflective capabilities as these don't break down under heat. Zinc also helps to stop skin infections & heal wounds. Topical use of zinc oxide doesn't significantly increase blood plasma levels.

Most people take 50-100mg per day when sick, 15-30mg a day otherwise if not gotten in food.

[onedaymd.com/2021/03/types-zinc-supplementation-absorption.html](https://onedaymd.com/2021/03/types-zinc-supplementation-absorption.html)

Derry JE, McLean WM, Freeman JB. A study of the percutaneous absorption from topically applied zinc oxide ointment. JPEN J Parenter Enteral Nutr. 1983 Mar-Apr;7(2):131-5. doi: 10.1177/0148607183007002131. [pubmed.ncbi.nlm.nih.gov/6406699/](https://pubmed.ncbi.nlm.nih.gov/6406699/)  
[healthline.com/nutrition/zinc-supplements#bottom-line](https://healthline.com/nutrition/zinc-supplements#bottom-line)

#### Category

1. Uncategorized

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