How do you know if you have enough zinc? Transcript

(Transcripts are generated by AI and may contain errors)

Why Zinc Matters

Throughout the last few years there's been so much attention to zinc and rightfully so. It's vital for synthesizing DNA, RNA, proteins, insulin and hundreds of enzymes we use throughout our whole body.

it also helps our wounds heal and is so important for our sense of taste and smell. Supplementing zinc when it isn't needed can be a big problem too.

Testing Zinc at Home

It can interfere with iron and copper, two other minerals crucial for good health. I recommend doing a zinc test. Its super simple and you can do it right at home.

One bottle is good for many tests. it'll help you to know if zinc is something you should supplement or if you're already taking a zink supplement, you'll learn if your absorbing it and at the correct dosage.

Finding the Root Cause

If you find zinc as something your often deficient in, I'd recommend getting to the root cause and not something we here at Thriving Proof can absolutely help with as well.

Email us at thrivingproof to learn more about zinc and the vital role it plays in good health. Thrivving proof. Heal from the inside out. That was so much better.