

## **‘NUTRITIONAL TIPS’**

### **GOOD HEALTH FROM A TO ZINC**

Regulating cell growth, helping heal wounds, promoting a healthy immune system – all of these vital health functions have something in common: zinc.

Daily supplements of Calcium, Magnesium and Zinc’ is a very important consideration. Addition of ‘Potassium Gluconate’ is equally as advisable with a balance in Vitamin A, B, D and E.

Zinc is versatile mineral that helps your body use carbohydrates, proteins and fats and enhances your senses of taste and smell.

The recommended daily intake of zinc is 11 milligrams for men and 8 for women. These amounts can easily be achieved by consuming a healthful, well-balanced eating plan.

Good sources of zinc include foods of animal origin, such as meat and seafood. Eggs and milk supply zinc in smaller amounts. Whole-grain products, wheat germ, black-eyed peas and fermented soybean paste (miso) also contain zinc, but in a form that’s less accessible by the body.

For more information on whether you’re getting proper amounts of zinc in your diet, talk with a dietetics professional or a qualified physician.

The best method of being informed is to read multiple publications about one topic. The Internet search engine resources are a great path to knowledge. Remember, those who are trying to sell you something must be treated as ‘Biased’. The FDA, FTC and AMA are not reliable resources. These agencies have suspicious ‘Profit Agendas’. Keep reading!

**“Welcome Aboard!”**

**“Enjoy The Ride!”**

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24/7