THINK ZINC

The Power of Zinc for Human Health

The Role of Zinc in Prostate Function

We all want to maintain good health as we get older. But when men age, prostatic enlargement is often inevitable and can lead to irritative symptoms that negatively affect a man's quality of life or even the development of prostate cancer. Adequate zinc levels are important to maintain a healthy prostate function.

Men over 40 should consider zinc supplementation as part of their daily routine.

Prostate Growth and Age

The prostate is a central part of a man's urinary and reproductive system, and this gland tends to grow with age. In young, healthy men, the normal size of the prostate is equivalent to the size of a walnut. But when men reach 40 years of age, the prostate gland can start to grow into the size of a ping-pong ball or even tennis ball. The increased size of the prostate can block the urethra or bladder, causing difficulty in urinating and interference in sexual functions. This non-cancerous enlargement of the prostate is called benign prostatic hyperplasia (BPH). Half of men in their 60s (50 - 60%) develop BPH. By the time men reach the age of 70 and older, 80 - 90% are affected. BPH can be a precursor to the development of prostate cancer, one of the most diagnosed types of cancer in men. Although prostatic enlargement is a natural process, it can be accelerated by increased cell damage, as a result of an unhealthy lifestyle and associated dietary choices.

Zinc and Prostate Function

Zinc is an essential trace element which exerts many functions in various biological processes. It plays a significant role in the antioxidant defense system, fighting free radicals (and hence reducing cell damage). Zinc is also highly linked with citrate metabolism in the prostate. Citrate is an important ingredient of prostatic fluid, a component of semen. This is why the prostate epithelial cells have the unique feature of accumulating high cellular zinc levels. But this ability can be significantly reduced when the prostate tissue grows, and epithelial cells become damaged. More than 16 studies have reported that zinc markedly decreases (~60–80%) in patients with prostate cancer compared to patients with normal or benign prostate tissue. In fact, there are no studies that have reported prostate cancer without a decrease in zinc levels. This is why men over 40 should consider zinc supplementation. This is backed by continuous research that shows that zinc supplementation supports a healthy, functioning prostate and prevents a decrease in zinc utilization and hence zinc deficiency in men.

Your Zinc Choice Matters

To replenish zinc levels through supplementation, it is important to choose a zinc source that can be easily absorbed by the human body. This is particularly important for older men, as the ability for the body to absorb the mineral decreases with age and can be negatively affected by the presence of a disease or the use of medication. There are two forms of zinc: inorganic and organic. The inorganic version is a mineral combined with an inorganic salt, which makes it a relatively unstable mineral. Organic zinc sources use organic ligands (bonds) such as amino acids, peptides, or proteins. This makes them more stable when ingested, which results in better absorption (bioavailability) than their inorganic counterparts. Inorganic zinc sources may therefore not be the best choice for older men. The organic alternatives for zinc that are available for human use are citrates, gluconates, glycinates and picolinate.

Why Choose Zinc from Zinpro®?

For over 52 years, Zinpro has been a pioneer in the research and development of performance trace minerals and innovative nutritional solutions. The company's dedication to improving health and wellbeing has led to the development of Zinpro® Zinc LG, a new generation zinc, marked by a unique combination of an organic zinc source with glutamic acid (Glu) and lysine (Lys). This combination opens a different (and less competitive) transporter route in the intestinal tract, compared to the far busier transporter system used by other organic and inorganic zinc sources. By using a different transport system, the absorption rate of zinc is less affected by other nutrients and minerals that compete for absorption. This ensures superior zinc uptake, which could lead to increased zinc levels in male patients with ensuing prostate gland issues.

To learn more, please visit
www.zinprozinc.com

ZINPRO® ZINC LG

Three Main Takeaways

1. As men age, lifestyle factors can decrease the body's ability to absorb zinc, increasing the risk of zinc deficiency which could negatively affect prostate function.
2. Zinc supplementation supports a healthy, functioning prostate and prevents a decrease in zinc utilization and hence zinc deficiency in men.
3. Zinpro Zinc LG is structurally bound to a specific amino acid complex giving it the greatest chance of absorption and can lead to an increased zinc status.