AgelessCoach™
AGE STRONG. LIVE LONG.

The Zinc Timing Plan

Four steps, every box checkable. Print it and keep it with the pill box.

40 MG · YOUR DAILY UPPER LIMIT
FROM ALL SOURCES, FOOD INCLUDED

CHECKED AGAINST
NIH ODS · MEDLINEPLUS · USDA

1 COUNT THE ZINC YOU ALREADY TAKE

- ○ Multivitamin _____ mg · Zinc bottle _____ mg
- ○ Cold lozenges _____ mg · Denture cream counts as well.
- ○ **Total from all sources stays under 40 mg a day.** Food is inside that number.

2 SPACE IT FROM THE MEDICINES THAT CLASH

- ○ **Quinolone and tetracycline antibiotics:** 2 hours before zinc, or 4 to 6 hours after.
- ○ **Penicillamine:** keep it and zinc at least 1 hour apart.
- ○ **Thiazide diuretics** raise the zinc you lose in urine. Long term, tell the prescriber.
- ○ Tell every provider what you take, and keep a written record.

The gap runs both ways: zinc can lower the drug, and the drug can lower the zinc.

3 COVER MOST OF IT WITH FOOD FIRST

- ○ One seafood or meat meal covers an ordinary day on its own.
- ○ Beans, nuts, whole grains, eggs and dairy each add some.
- ○ Vegetarian or vegan? Beans and grains carry phytates, which cut how much you absorb.
- ○ Gut surgery, ulcerative colitis or Crohn's disease can lower what you take up.

4 ADD A SINGLE ZINC SUPPLEMENT ONLY IF NEEDED

- ○ **Form:** sulfate, acetate and gluconate. It is not clear one is better.
- ○ **Label check:** elemental mg per serving printed, and the serving size read.
- ○ **Quality seal:** NSF or USP means properly made, not proven to work.
- ○ Recount step 1 with the new bottle before it goes in the cupboard.

KEEP THESE APART

Quinolone antibiotics	**2 HR BEFORE / 4-6 AFTER**
Tetracycline antibiotics	**SAME RULE**
Penicillamine	**1 HR APART**
Thiazide diuretics	**TELL PRESCRIBER**
Ordinary meals	**NO CLASH**

TOO MUCH LOOKS LIKE

Nausea, dizziness, headaches, upset stomach, vomiting, loss of appetite. Kept up: lower immunity, low HDL cholesterol, low copper.

BEYOND THE BOTTLE · YOUR NUMBERS, YOUR FOOD, YOUR WHY

YOUR DAILY TARGET, BY LIFE STAGE

- circle your row

LIFE STAGE	MALE	FEMALE
9-13 years	8 mg	8 mg
14-18 years	11 mg	9 mg
19 years and up	11 mg	8 mg
Pregnant		11 mg
Breastfeeding		12 mg

Target = food and supplements together. The 40 mg figure above is the adult ceiling, and unlike many minerals it counts food too. Amounts per NIH ODS.

FOOD FIRST *- most people already get enough*

Oysters, farmed, cooked	3 oz	**38.4 mg**
Baked beans, canned	1 cup	**13.5 mg**
Alaska king crab, cooked	1 leg	**10.2 mg**
Pumpkin seed kernels, roasted	1 cup	**9.0 mg**
Cashews, dry roasted	1 cup	**7.7 mg**
Ground beef, 85% lean, cooked	3 oz	**5.4 mg**

Most people in the United States already get enough zinc from food. Food does count toward the ceiling, but reaching it from food alone is unlikely. Amounts per USDA.

WHAT IT RUNS IN YOUR BODY *- why the habit is worth it*

- ✓ Immune defence against bacteria and viruses
- ✓ Making DNA in your cells
- ✓ Making proteins
- ✓ Wound healing
- ✓ A proper sense of taste
- ✓ Growth and development

Zinc sits in cells throughout the body (NIH ODS). Closing a real gap is the benefit; going past the ceiling costs you copper.