

Hair Tissue Mineral Analysis / Nutritional, Herbal and Natural Medicine / Practitioner Education



Seasons Greetings from InterClinical Laboratories

Article - Does Chelated Zinc Help the Common Cold?



We would like to take this opportunity to thank you for your ongoing support throughout this year. The creation of the new *practitioner only* **InterClinical Professional** Trace Nutrients range has been a challenging, but ultimately rewarding process.

We understand the role of a complementary medicine health practitioner is a difficult one - ascertaining and meeting clients' health needs despite an ever-changing industry landscape. We applaud you for your efforts in this noble

endeavour and assure you that our HTMA and nutritional products and technical support will always be available to you.

For those of you who are seasoned HTMA practitioners, our technical staff are available to help you unravel those difficult cases. For those of you who are new to the HTMA process, we can walk you through the interpretation of your initial HTMA reports. We wish you a happy and safe holiday season.

RESEARCH ARTICLE

Does Chelated Zinc Help the Common Cold?

Zinc is well known for its role in maintaining healthy immunity. In this month's clinical update we consider Rerksuppaphol & Rerksuppaphol's study on the effect of zinc supplementation on the incidence and duration of the common cold in children.



Zinc plays an important role in maintaining healthy immune function. Zinc deficiencies have been associated with impaired immunity through insufficient natural killer cell and interleukin-2 production. Zinc also has specific actions in upper respiratory infections inhibiting rhinovirus replication and helping mitigate susceptibility to airways damage in the presence of serious respiratory infection.

Previous studies have not been conducted examining the effect of chelated zinc supplementation in preventing common cold in children. In this study the researchers reasoned that because chelated forms of zinc are better absorbed and more easily digested compared with ionic forms, then utilising a chelated form may produce more efficacious results.

They conducted a double blind randomised placebo controlled trial researchers seeking to investigate the effect of three months' oral zinc supplementation on symptoms of the common cold in 8-13 year old school students. 100 healthy school children were randomly assigned to receive either 15 mg tablet of zinc bis-glycinate once a day or an identical sham. All the investigators, parents, and students were blinded as to group assignment.

At baseline the groups were equal with regard to gender distribution and body mass was similar although the intervention group tended to have a lower body mass index, be somewhat shorter in stature and younger. At study close the intervention group had no fewer incidences of contraction of the common cold; however the duration of symptoms was considerably shorter in the intervention group.

The children receiving the daily zinc had significantly fewer days with two or more symptoms. Coughs lasted 1 day compared to 6 days in the placebo group, $P < 0.01$ and rhinorrhoea symptoms persisted for 2 days compared to 5.5 days in the placebo $P < 0.01$.

Although chelated zinc did not reduce the incidence of common cold, it provides promising evidence that a daily dose of 15 mg of chelated zinc over three months may be effective in dramatically reducing the duration of common cold symptoms.

Reference

1. Rerksuppaphol S, Rerksuppaphol L. A randomized controlled trial of chelated zinc for prevention of the common cold in Thai school children. Paediatrics and international child health. 2013 Aug 1;33(3):145-50.



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