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# ZINC

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# Risk Assessment Challenges

- Boundary between dietary needs and early signs of overload
    - ~30mg/day (adult; IOM, 2001)
  - Complex homeostatic regulation
  - Impact of dietary fiber and phytates on bioavailability
  - Mineral: mineral interactions in supplement studies
    - Are effects observed due to the supplement or mineral imbalance
    - Zinc: Iron
    - Zinc: Copper
    - Calcium: Zinc
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# Challenges contd.

- Similarities of effects on the deficient and excess sides of the dosing spectrum
  - Population base-line for studies of lipoproteins and cholesterol
    - Do control and experimental subjects fall in the same population percentile range?
    - Do subjects low, average and high HDL or cholesterol levels respond in the same manner to zinc deficient and zinc supplemented diets?
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