



Looking For a Zinc Immune Boost? Chew on One of These.



Which One Do You Want?

Many people use zinc supplements or lozenges to boost their immune systems, but did you know that nature's richest sources of zinc are beef and lamb?

Along with zinc, meat offers other immune-enhancing nutrients such as protein that builds antibodies. Did you know vegetarians who limit zinc-rich foods, like meat, poultry and seafood, need up to 50% more zinc?

Choose nature's best source of zinc more often.

References:

Institute of Medicine. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. 2001.

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