

— Vitamins, Minerals & Dietary Fatty Acids

Minerals

There are two kinds of minerals: macro minerals and trace minerals. Macro minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

Hide

ZINC, PLASMA
(mcg/dL)

67

Range: 60-130

ZINC, PLASMA

(mcg/dL)



Result Comments

Zinc is an essential element involved in a myriad of enzyme systems including wound healing, immune function and fetal development. Zinc measurements are used to detect and monitor industrial, dietary and accidental exposure as well as to evaluate health. Zinc toxicity can occur, often resulting in nausea, vomiting, loss of appetite, abdominal cramps, diarrhea, and headaches.

For more information, visit <https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.