

Zinc (Zn)



Zinc belongs to the group of transition metals like iron and copper. Zinc is easily mined and refined from naturally occurring zinc sulfate ore. As the fourth most industrially used metal, it is found in many alloys and used in the process of galvanization, which prevents other metals from rusting.

Zn
Zinc

$[Ar] 3d^{10} 4s^2$

Atomic number
protons/electrons

30

Neutrons

(most common isotope)

34

Atomic weight

(amu)

65.38

Atomic radius

(pm)

122

Functions/Health effect:

Zinc plays a crucial role in wound healing, the immune system, blood clotting, thyroid function and the senses of taste and smell. As an effective way to combat the common cold, it is found in many health supplements, often including several vitamins. As it is a trace element, the amounts needed are very small but essential.

Sources:

Some of the best sources of zinc for humans include oysters, beef, cashew nuts, and chickpeas. Oysters belong to the most concentrated sources of zinc, with a single serving providing up to 493% of the recommended daily intake.

Zinc deficiency is relatively common, especially in developing countries, and it can lead to a number of health problems, including impaired immune function, poor growth and development, and problems with taste and smell. However, consuming too much zinc can lead to negative side effects such as stomach cramps, nausea, and vomiting. The recommended daily intake of zinc for adult men is 11 mg per day, and for adult women 8 mg per day. About 200 grams of beef or 5 cups of chickpeas will provide you with enough zinc to meet the required daily dose.

Did you know that?

Zinc is known to have antibacterial and antiviral properties, and it is used in the production of ointments and creams to treat skin conditions.

Its name is said to be derived from the German word 'Zinke' (meaning tooth or spike) due to the needle-like appearance of the metallic zinc crystals.

Alchemists burned zinc metal in air to form what they called "philosopher's wool" or "white snow".

Food
division

