

Zinc and physical performance

Cornelia Popovici, Simona Tache

Iuliu Hațieganu University of Medicine and Pharmacy, Cluj-Napoca

Abstract

Zinc is an important trace element for the human body; the necessary daily dose is assured generally by nutrition. It intervenes in almost 300 enzymatic systems on a cellular level and in the human body intervenes in the muscular system, namely taste, immunity, wound healing, intermediate metabolism, influence on vitamin A.

Various studies show that zinc is involved with physical exercise, especially regarding performance due to its enrolment in muscular activity and to indirect effects upon the oxidants-antioxidants balance. Most of the researches in this direction plead the fact that zinc should be used as a supplement in physical exercise due to its positive effects in raising performance.

Key words: zinc, exercise, performance, supplementation, lack of zinc.