

ZINC SUPPLEMENTATION : A MUST FOR ATHLETES

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Zinc deficiency is a serious problem for some specific groups of athletes, particularly youngsters competing in sports. Along with sufficient amount of protein, carbohydrate and fat, the human body needs adequate amount of vitamins and micronutrients for sustenance. Among them calcium and iron have been proved to be of utter importance. Recently, focus is on the quantity of zinc in the diet, particularly for athletes, the daily time constraints of an elite young athlete can make achieving a balanced diet difficult, and puts these athletes at a potential increased risk for micronutrient deficiencies. It is a must for athletes, where the requirement should be fulfilled through proper diet along with proper supplementation to gain appropriate results.
