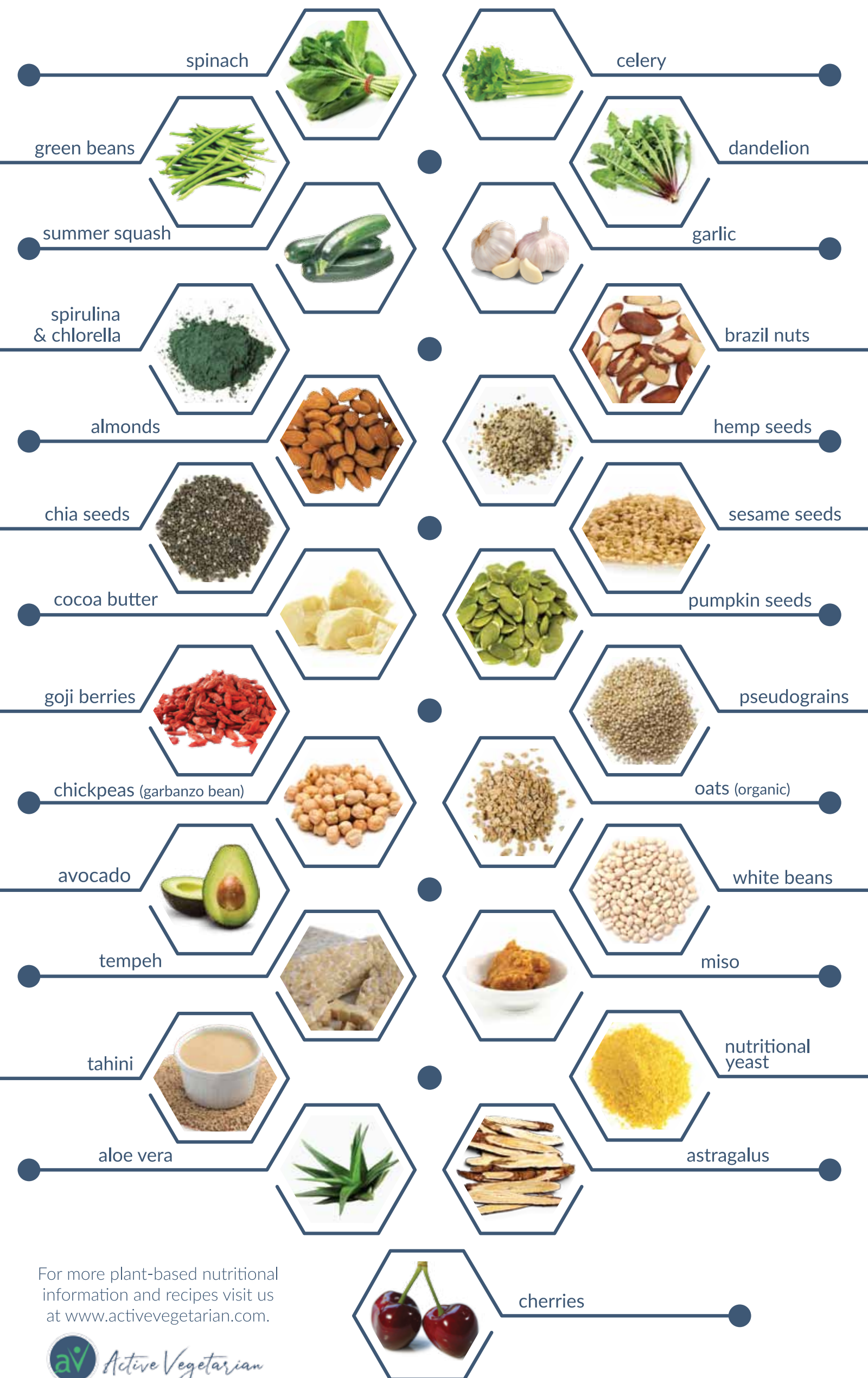


27 PLANT FOODS high in ZINC

Zinc is a trace mineral that has potent antioxidant and anti-inflammatory effects; it's essential for immunity, reproduction, mental health, skin health, cognitive function, and so much more! Despite having such critical functions, it is not stored in the body and requires a regular dietary intake.



For more plant-based nutritional information and recipes visit us at www.activevegetarian.com.