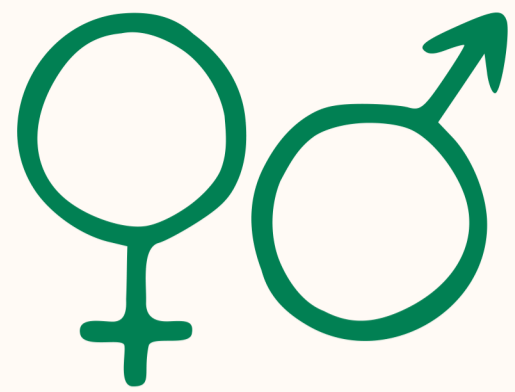




Zinc



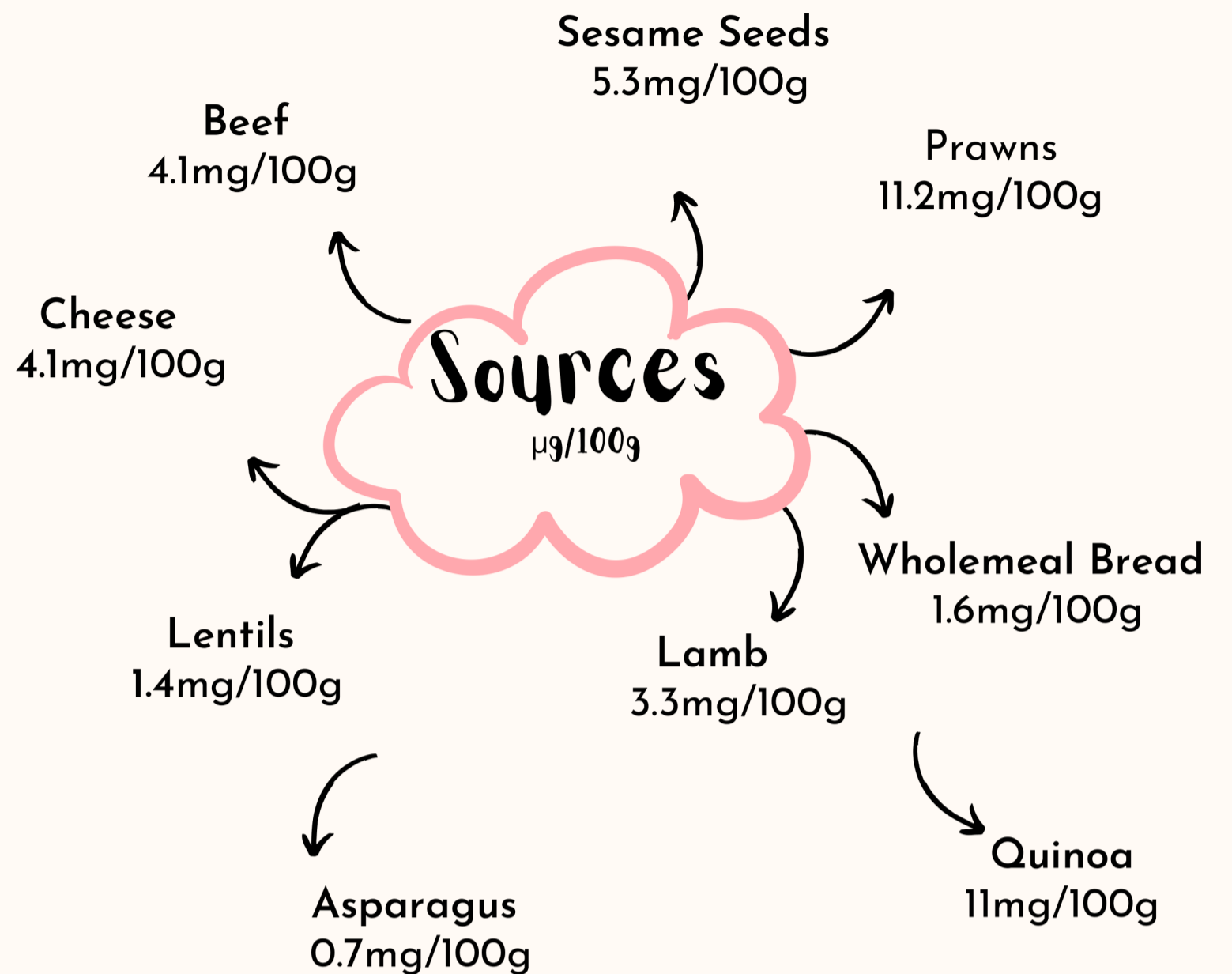
What does it do?

Regulates hormone functions that ensure ovulation is regular, aiding in conception

Specifically aids in rebalances inadequate or excessive levels of cortisol, oestrogen and progesterone in women

Positively impacts the early stages of egg development, increasing the ability of the egg cells to divide and be fertilised

Improves sperm quality, increases sperm density and progressive motility



How much do I need?

RI - Females:
7mg per day

RI - Males:
9.5mg per day

Pregnancy

No additional intake required during pregnancy

Recipe Idea...

Halloumi Bean Salad

Ingredients

- 100g Halloumi
- 100g Red Kidney Beans
- 40g Rocket Leaves
- 40g Watercress
- 1/2 Small Red onion
- 1 tbsp Olive Oil
- 1 tbsp Sweet Chilli Sauce

Method

- Finely dice the red onion and chop the watercress
- Drain the red kidney beans
- in a bowl toss together all ingredients except halloumi and sweet chilli
- Over a medium heat, gently grill the halloumi before placing on top of salad
- drizzle with sweet chilli to serve

Per Portion

Kcals: 423
Zinc: 315mg (35% RI)