

Babies and children

Often poor sleepers because zinc low!

Signs of low zinc

- **wake often, poor sleepers**
- tummy aches, **need more burping**, ie reflux
- itchy dry skin, **rashes**
- **ear infections**, colds, **runny noses**
- delayed hair growth
- **delayed speech** development
- temper tantrums, ADD
- bite fingernails, suck thumb



ADD kids and elderly adults low in zinc

- **poor sleep**
- are irritable
- **temper tantrums**
- inattention
- day-dreamers
- poor appetite, **fussy eater**
- poor attention span
- poor memory recall
- **smelly shoes and feet**
- reflux, GERD
- frequent infections

