

Zinc & Fertility

When trying to conceive, maintaining and providing the body with the proper nutrients is one of the most important factors that contribute to fertility. Although many nutrients are important for keeping the body nourished, there are some that have a larger impact on a woman's fertility than others. Zinc is one of the most studied nutrients when it comes to fertility. As an "essential component of genetic material," it plays an incredibly large role on the reproductive system.

1. What is Zinc?

Zinc works with 300 different enzymes to ensure that cells divide properly, estrogen levels are kept in balance and your reproductive system is fully functioning. Zinc can be found in every cell and is fundamental in the growth process (especially the growth of a fetus). Zinc is also vital to your vision, skin, taste, smell, immune system, and blood sugar.

2. How does Zinc affect women's fertility?

Zinc affects a women's fertility in a multitude of ways such as:

- **Egg Production:** A particular amount of zinc is necessary in order for a woman's body to produce mature eggs. Without the right amount, the egg is not matured, effecting ovulation and possibly leading to a miscarriage.
- **Follicular fluid levels:** Follicular fluid helps the mature egg travel through the fallopian tubes. Zinc maintains these follicular fluid levels. Without Zinc, the mature egg may not be able to travel because of the lack of fluid, preventing pregnancy to take place.
- **Controlling Fibroid Blockages:** Zinc can reduce the size of fibroids (one of the many causes of infertility). Studies have found a correlation between women with higher zinc levels and low fibroid levels.
- **Hormone regulation:** Zinc plays a part in regulating vital fertility hormones such as estrogen, progesterone and testosterone. If these hormones are not regulated, this can have an effect on your ability to get pregnant.

3. How does Zinc affect male fertility?

Women are not the only ones who can use Zinc to boost their fertility; men can as well. A high concentration of zinc is necessary in the formation of certain parts of the sperm, so an insufficient amount of zinc can affect the sperm's mobility. Chromosomal defects in sperm (which can cause miscarriages) can also be due to low levels of zinc.

4. What foods are good sources of Zinc?

A few food options high in Zinc:

- Beef
- Eggs
- Whole grains
- Whole fat dairy
- Seeds (sunflower and pumpkin)
- Molasses and Maple Syrup
- Shrimp
- Poultry



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